

Title	Creating cultures of care: Compassion & presence workshops in palliative care for whole person, relationship-centred self-care
Number	38
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Abstract	<p>To be fit for the future, a whole person approach to care that is not just patient or person centred, but relationship centred is needed. Such an approach actively promotes holistic care of patients AND self-care amongst healthcare professionals, especially those engaged with patients who have life-limiting illnesses. This report outlines the preparation of our palliative care workforce for such a future through describing the evolution of professional development programs focusing on self-care and relationship centred care. Compassion and Presence Workshops draw on time-tested, authentic and practical methodologies to develop our innate ability to be both present and compassionate. Workshops have been held with doctors, medical students, nurses, allied health professionals and volunteers. Workshop methodologies such as mindfulness, meditation and deep listening will be discussed. Their practical application and benefits for self-care, patient care and collegiate relationships will be outlined. The contribution of neuro-scientific research on empathy, meditation and compassion explaining why these methods are so powerful and transformative will be explored. Feedback and stories from health professionals who have undertaken this training at St. George Hospital, Sydney and other sites will be shared. This preliminary feedback suggests that best practice in palliative care in the future will include relationship centred care that has at its heart self-care.</p>