

Self-Care is Healthcare

Thursdays, 7:00-8:30pm ET
 Join Anywhere over Zoom or teleconference!
 Free for Health Care Providers:
 Learn & Discuss your de-identified patient.



Daniel James MD, MA, FRPCP



Virginia McEwen, BScN, BBA, MD, CCFP



Patricia Poulin, C.Psych



Jana McNulty, RPh



Karen St. Jacques, Reg. PT



Alex Falcigno, R.Kin



Mark Halabecki, MSW, RSW, OASW Member



Jen Dumond, MLIS

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| <p>The Realities of Providing Care to Patients with Chronic Pain</p> <p>Virginia McEwan, BScN, BBA, MD, CCFP</p> <p>1. Identify techniques for self care when working with patients with chronic pain</p> <p>2. Employ strategies to cope with occasions where you may not effect the desired change in your patient</p> | Apr 21 | <p>The Pain of Being a Healthcare Provider: Moral Injury</p> <p>Stephanie Frisch, NP</p> <p>1. Discuss moral injury in the context of providing health care to patients with chronic pain</p> | Apr 28 | <p>Self Compassion for the Healthcare Provider</p> <p>Monique Mercier, MA, C.Psych. Assoc.</p> <p>1. Discuss the physiology of self-compassion and self-criticism</p> <p>2. Practice both mindfulness and self-compassion-based brief techniques that can be used periodically throughout their workday</p> | May 12 |
| | | <p>The Pain of Being a Healthcare Provider: Acute & Chronic Burnout</p> <p>Monique Mercier, MA, C.Psych. Assoc.</p> <p>1. Discuss stress and burnout as they relate to empathic distress and caregiver fatigue</p> | May 5 | <p>Hot Topics & Burning Questions</p> <p>Roundtable Discussion</p> <p>1. TBA</p> | May 19 |

Register at: sjcg.echoontario.ca

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 7.5 Mainpro+ credit(s).

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine. You may claim a maximum of 7.5 hour(s) (credits are automatically calculated).