

# Mercury Rising : *Is it, or do we even know it?*

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# Introduction

- *Why this topic?*
- *What do we hope to accomplish today?*
- *How best to use the information?*

# Background 1

## Workplace Setting

- *“What if...?”*
  - *Impact on healthcare providers*
  - *Impact on clerical staff*
- **Dual-role Counselor**
  - *Emotion work; Clerical tasks, Clinical component i.e. Nurse Counsellors*
- **Giving of bad news**
  - *Subsequent trajectory, including Psychological Distress (ref)*
  - *Cultural preferences for receiving bad news (Fujimori, M., Uchitomi, Y., 2009)*

# Background 2

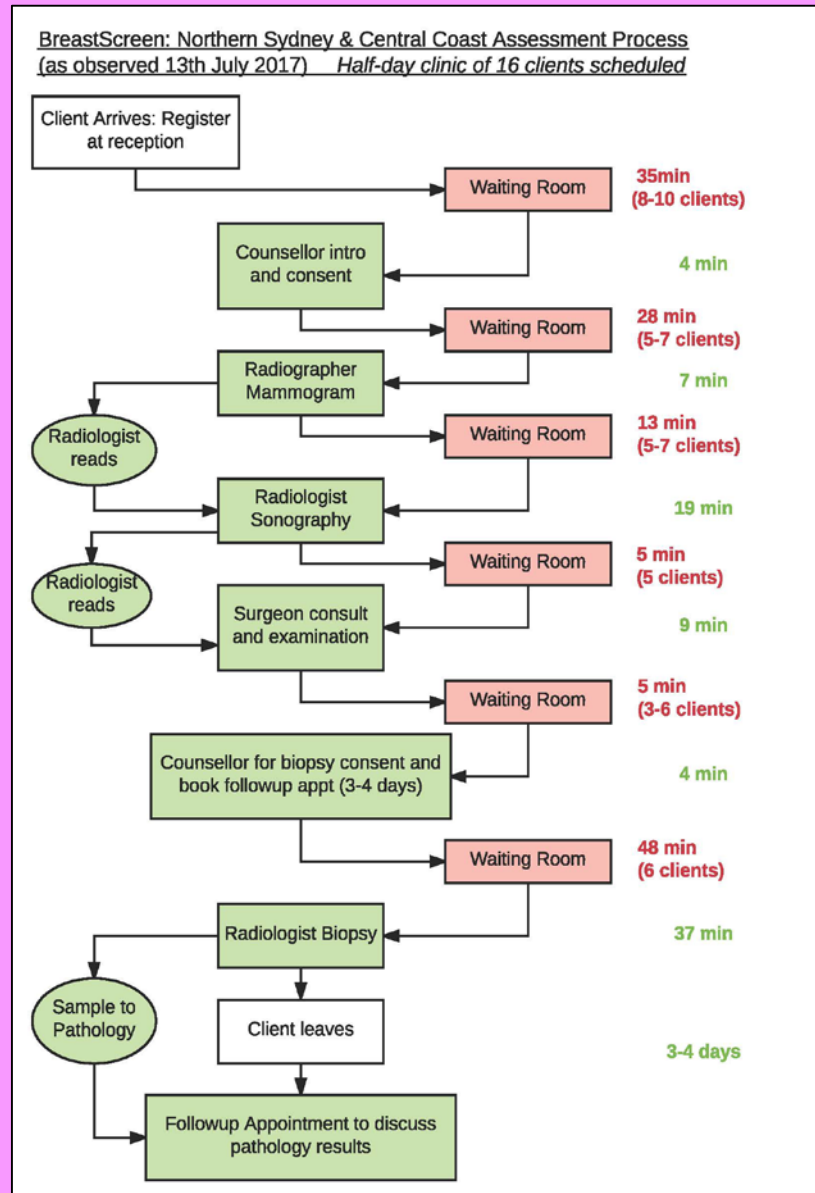
- Complex Narrative
  - Invisible Work
    - Meaning
    - Intent
    - Language

# Background 3

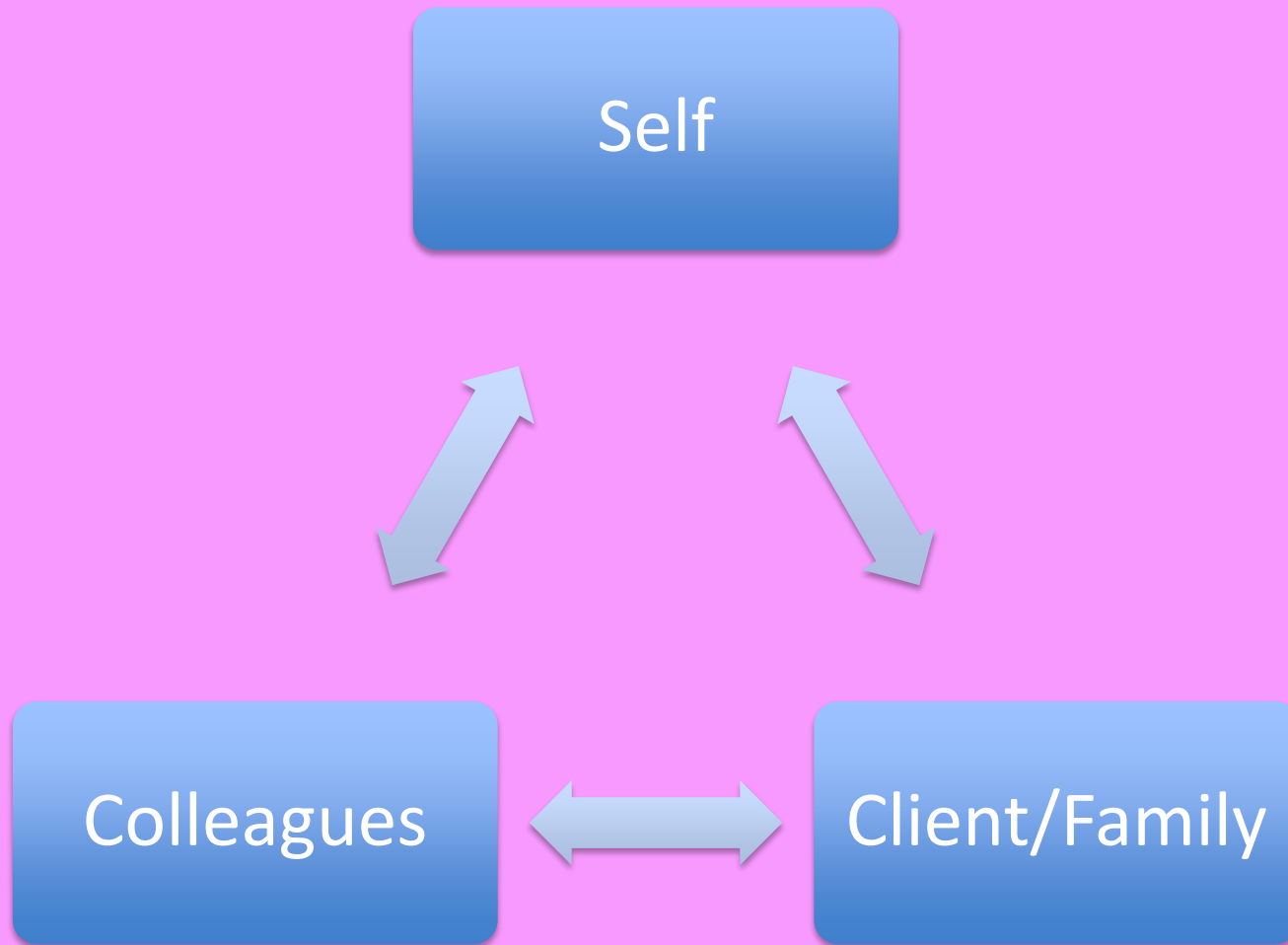
NSCC Assessment Process Chart (July, 2017) - NAS Timeframes

Dr Kate Hayes.

Western Sydney University.



# Cycle of Impact



# Recognising our Stress

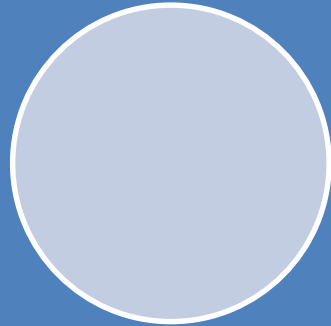
- Stress Research is out there for the taking....
  - Knowledge
  - Awareness and Acknowledgement
  - Professional Responsibility
  - Coping Strategies
    - Including ways we might **de-escalate** stress *during* assessment clinics

# Summary

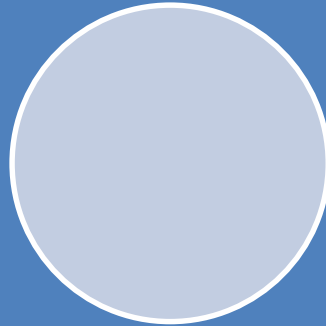
- Personal Self-Care
  - Strategies
    - Set boundaries
    - Acceptance
    - Exercise, sleep, healthy eating
    - Hobbies
    - Goals for self-improvement
    - Work, life balance
- Team Care
  - Strategies
    - Work towards ensuring an effective team (ref)



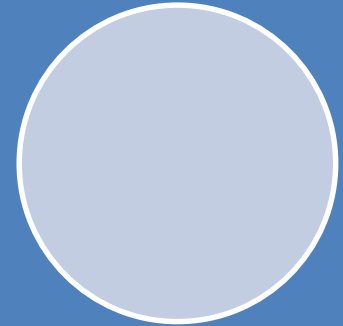
# Conclusion



AWARE



ACKNOWLEDGE



COPE



# Authors

Counsellors BreastScreen RNSH :

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# References

- Employee Assistance Program NSW Health (December 2012)
- Fujimori, M., Uchitomi, Y., (2009) *Preferences of cancer patients regarding communication of bad news : A systematic literature review*. Jpn J. Clin Oncology 2009; 39(4)201-216 doi:10.1093/jjco/hyn159
- Smith, D. K. & Katzenbach, J.R. (1993) The Wisdom of Teams *as cited in Business Review Article, The Discipline of Teams*. Downloaded from Google, March 7<sup>th</sup>, 2018.
- NSCC (2017) *RNS Assessment Process*. (Author??? Compiled by ??)

# Discussion

- . The impact of dual-role on PSC ?
- . Suggestions to improve our PSC?
- . Ways to cope with workplace stressors?