

## QUALITY CARING

### Workshops

- Addressing Professional Quality of Life Woes
- Healing Compassion Fatigue
- Using The ART Model
- Enhancing Compassion Contentment
- Identifying and Using Butterfly Power
- Reaffirming Purpose in the Workplace
- Communicating with the Dying
- Facing Death
- ELNEC Training
- And yes, Compassion Lessons

### Consultation (and for Inspiration)

For professional development needs in the workplace related to quality caring and professional quality of life, there really is a clear path...



### About

**Vidette Todaro-Franceschi, RN, PhD, FT** has been a nurse for 30 years and is a well-known scholar, educator, and researcher in the areas of death, dying and bereavement and professional quality of life. She has worked in a multiplicity of roles and settings including medical-surgical and critical care nursing as a staff nurse, clinical nurse specialist and clinical supervisor. She has an AD and BS in Nursing from the College of SI, CUNY and an MS in Nursing from Hunter-Bellevue School of Nursing, Hunter College, CUNY. She earned her PhD from NYU and has received several awards for excellence in practice and for her doctoral work. Dr. Todaro-Franceschi is a tenured professor of nursing at Hunter-Bellevue School of Nursing and also the Graduate Center, both of the City University of New York. She has been an End of Life Nursing Education Trainer since 2001 and is a Fellow in Thanatology (Association for Death Education and Counseling). She is the author of two books, several chapters, and many articles. A passionate advocate and speaker for quality caring, the profession of nursing and nurses, she is committed to helping nurses and other health care professionals reaffirm purpose in their professional lives.

Quality Caring for Living-Dying & Professional Quality of Life

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Quality Caring for Living-Dying & Professional Quality of Life

*Do you want to improve the quality of care and at the same time enhance professional quality of life?*

*Are you having difficulty motivating yourself or your staff to "care?"*

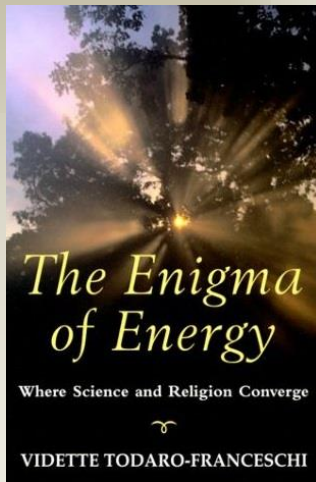
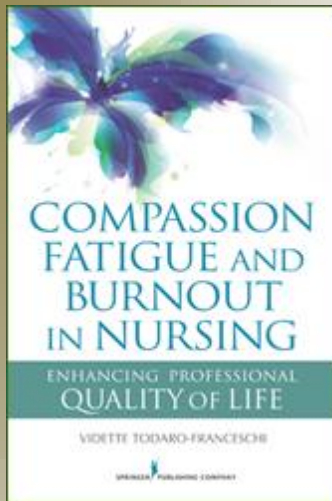
*Do you need to reawaken, re-enchanted, or re-engage yourself or your staff to re-locate the joy in your work?*

*Do you want to recapture your voice and/or your passion (or alternatively help your staff to find their voices and/or passion), for quality caring?*

*Are you (or your staff) uncomfortable caring for the dying and their loved ones?*

*Do you shy away from any talk of dying and death?*

## Books



For more information please visit:

[www.qualitycaring.org](http://www.qualitycaring.org)

[www.energy-enigma.com](http://www.energy-enigma.com)

## Professional Quality of Life

Professional quality of life is intricately connected to quality caring. A health care workforce that is content is better able to provide competent and compassionate caring. Compassion fatigued, morally distressed, or burned out health care professionals are less likely to be able to provide quality caring. Many things contribute to PQOL including workload, staffing mixes, interpersonal conflict with co-workers, death overload, difficulty facing death, and the seeming inability to find (or use) one's voice and to have one's voice matter. Many of these things can be remedied.

## The ART Model

*ART is an acronym for three intertwining concepts that comprise a model to enhance professional quality of life through mindful awareness and purposeful action. It can be used individually or collectively to maximize contentment at work and to promote quality caring.*

**A**cknowledge a feeling or wound that needs healing.

**R**ecognize choices, choose what you believe will work, and take purposeful action to reaffirm your purpose.

**T**urn outward toward yourself and others to reconnect rather than disconnect.

## Caring for the Dying and Their Loved Ones

Do you (or your staff) tend to avoid any talk about dying and death? Do you feel uncomfortable encouraging patients and their loved ones to discuss end of life care decisions, dying and death?



I hear all the time from nurses that they were never taught how to face death and yet they have to do so all the time. It is difficult to be present with those who are dying and their loved ones if you have never been taught how.

*If we are prepared to face death, which is never easy, we learn to appreciate our moments more, and to live life more fully. That is a blessing.*