

Interprofessional and Compassionate Care

IPHE Global Forum
April 26, 2018

Dorrie Fontaine RN, PhD, FAAN
Dean and Professor
dkf2u@virginia.edu



“The urgency of slowing down ...”

- Pico Iyer





Design Thinking: We're In

Our focus includes Interprofessional Education

To create understanding
of each other's roles by
training all 3rd year
nursing and medical
students together



Design Thinking in Health

Space for Novel Ideas

All In Approach

Design Thinking for Doctors and Nurses

By AMITHA KALAICHANDRAN AUG. 3, 2017



Design Thinking in Practice

- ▶ Clinical Nurse Leader Practicum Projects
 - Fiscal stewardship regarding the waste of incentive spirometry
 - Splatter alert



Compassionate Care Initiative

Jonathan Bartels RN, BSN



Case Study: The Pause

Bartels, J. (2014). The pause. *Critical Care Nurse*, 30: 74-75.

Compassion in Action

COMPASSIONATE, COLLABORATIVE CARE



the schwartz center

FOR COMPASSIONATE HEALTHCARE

At UVA School of
Nursing ... Creating
compassionate
nurses and leaders
for the 21st century



Our goal

**Reducing human
suffering by cultivating
compassionate people
and systems**



**Compassionate
Care Initiative**

 **UVA NURSING**

Our Impact

Nurses who trained in the CCI at UVA were more likely to practice meditation ($p \leq 0.001$), yoga ($p \leq 0.05$), exercise ($p \leq 0.01$), breathing exercises ($p \leq 0.05$) and writing ($p \leq 0.01$) compared to cohorts of nurses who trained at other schools of nursing.

(Cunningham, Trail, Inkelas, 2018)



**Compassionate
Care Initiative**

 **UVA NURSING**

Our Impact

- Self-Care Retreats for Nurse Managers and Assistant Nurse Managers
- Grants to fund Resilience Retreats for entire Hospital Units
- Resilience Retreats for Nursing and Medical Students
- The “Pause” in 60 hospitals and on 4 continents (UK, Australia, South Africa)



**Compassionate
Care Initiative**

 **UVA NURSING**



CCI “ambassadors”



Compassion

Resilience

Self-Care

UVA
Nursing

Being present ...fully present



UVA Nursing's Resiliency Initiative



CCI Current Funding Sources

- ▶ Endowed Professorship funded with **\$2m** (since 2009)
- ▶ Research program funding **\$500,000** (private foundation in 2017)
- ▶ Resilience retreat funding for hospital staff and undergraduate students **\$30,000** (hospital auxiliary and alumni support, 2016-18)

CCI Current Expenses

- ▶ Funds to send 70 teams to Upaya (Zen Buddhist retreat in Santa Fe) for 8 day “Being with Dying” program **approx. \$250,000 (2009-2018)**
- ▶ 7 workshops for faculty/hc providers **(\$75,000 2010-2013)**
- ▶ Programming: Contemplative practices 5 days/week, speaker series, 4 courses, other events **(\$110,000 FY 16-17)**

References

- ▶ Bartels, J. (2014). The pause. *Critical Care Nurse*, 30:74-75.
- ▶ Bauer-Wu, S., Fontaine, D. (2015). Prioritizing clinician wellbeing: The University of Virginia's Compassionate Care Initiative. *Global advances in health and medicine*, 4(5):16-22.
- ▶ Fontaine, D. K., Rushton, C.H., & Sharma, M. (2014). Cultivating compassion and empathy. In M. Plews-Ogan & E. Beyt (Eds.). *Wisdom leadership in academic health care centers: Leading positive change*. London: Radcliffe Publishing, 92-110.
- ▶ Fontaine, D. K. Can empathy and compassion be learned? Editorial, *Daily Progress*, January 6, 2013.
- ▶ Fontaine, D. K., Bauer-Wu, S. & Germano, D. (2014) The architecture of resilience.
http://www.huffingtonpost.com/dorrie-k-fontaine/the-architecture-of-resil_b_4560762.html