**How to Cultivate Compassion - from the Paediatric Palliative Care Trenches**

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**Definition of Compassion:**
Compassion unfolds in response to suffering, beginning with our recognition of it, then conjuring change to elicit empathy and concern.

**Definition of Palliative Care:**
Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual⁵.

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References:
2. Holism⁴, Presence, Mindfulness⁸

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**Simple Steps to**

1. Hello my name is…
2. Sometimes we need someone to simply be there.
3. A process with both cognitive and affective components which enables individuals to understand and respond to others’ emotional states and contribute to compassionate behaviour – Weiss et al 2011
4. In Empathy Training, Compassion Cultivation Training (CCT)

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**Reflective Practices**

- Continuation of Professional Development
- Reflective Essays

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**Competence**
Clinical Competence is a pre-requisite to providing compassionate care

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**Holism**
- Providing excellent clinical and physical care as a critical component to providing spiritual care

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**Mindfulness**
- “As flower blooms in spring, compassion grows in mindfulness” – Ann Ray
- “Smile, breathe and go slowly” – Thich Nhat Hanh

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**Empathy**
- “A model of dying with dignity would include … dying in the presence of people who know how to drop the professional role mask and relate to others simply and richly as a human being” – Roy, 1986
- Show compassion by neither being distant nor by taking the patient’s suffering on – Levin, 2015

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**Eating and Training**

- Nobody cares how much you know until they know how much you care – Theodore Roosevelt

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**Spirituality**

- “It is much more important to know what sort of person has a disease, than to know what sort of disease a person has” – Sir William Osler

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