

RESILIENCE ON THE RUN

Health Care Triathlon

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Trauma Team Chaplain
Chaplain Keith Kincaid, BA.M.Div.

OBJECTIVES

1. Participants will be able to verbalize an understanding of the effect of prolonged stress on mind, body and emotions/spirit.
2. Participants will be able to identify different individual and group responses to high stress environments in relationship to processing these events.
3. Participants will be able to identify and discuss elements of individual resources in developing resilience as a tool for personal and professional growth.

Triathlon



A long distance endurance race consisting of three phases.

SWIMMING, BIKING, and RUNNING.

THE TRIATHLON

This race is run by individuals who are not in their right minds!

OR

They do not have a choice!



THE MOST CHALLENGING TRIATHLON

IRONMAN®

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SWIMMING

2.4 MILES





SWIMMING

2.4 MILES



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BIKING

111.9 MILES





BIKING

111.9 MILES





RUNNING

26.2 Miles





RUNNING

26.2 Miles



The World Record for a Full Iron Man

7 hours, 27 minutes, 53 seconds



Has anyone present
ever competed in a
triathlon?

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We have experienced a never ending
HEALTHCARE TRIATHLON EVERY DAY
for the past two years.

- 730 Days
- 17,520 Hours
- 1,051,200 Minutes
- 63,072,000 Seconds

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And just like the triathlon runner, we understand the true meaning of

- Mental
- Physical
- Emotional

EXHAUSTION!

©

RESILIENCE ON THE *RUN*

RESILIENCE

- The capacity to recover quickly from difficulties, toughness.
- The ability of a substance or object to spring back to shape, elasticity.

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HOW TO WE DEVELOP *RESILIENCE*?

- How do we prepare for a world of **PANDEMICS**, **HURRICANES**, and **EXTREME STRESS**?
- How do triathlon runners prepare for the race?

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TRAINING

The development of resilience is all about our training.

1. Swimming in the **MIND**.
2. Biking through the physical exhaustion of our **BODY**.
3. Running through the wall of our **EMOTIONAL** and **SPIRITUAL** being.

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50 DIFFERENT COURSES

When it comes to training, each individual in this room will take a different path.

Your **RESILIENCE** must be designed by you to fit the unique way in which you handle the events of each day.

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THOSE SHORTS
MAKE YOUR FEET
LOOK FAST

BLISTERS
ARE IN THIS
SEASON

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**YOU ARE
BEATING
ALL THE PEOPLE
BEHIND YOU!**

**DARRANG...
You Look
GOOD!**

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SWIMMING IN THE MIND

Positive Self Talk

- Training the mind to handle the cold, deep, challenging waters of each day.
- Freestyle, Back Stroke, Dog Paddle
- **SAYING STOP** to thoughts that are not on a positive path ©

REMEMBER

If your mind is OUT OF CONTROL

YOU GET A
PURPLE GOWN!

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BIKING THROUGH PHYSICAL EXHAUSTION OF OUR BODY

- Mindful of what it takes to physically stay in the race.
- This may be the hardest and most neglected aspect of our daily run.
- How do we train our bodies to be **RESILIENT?**

I LIKE YOUR
STAMINA.
CALL ME!

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THE CALORIE BURN

- **SWIMMING:** Swimmers burn 10-15 calories per minute
Swimming 27 minutes, 370-555 calories
- **CYCLING:** 25 miles, 1 hour 22 minutes, 12-18 calories per minute, 982-1,476 calories
- **RUNNING:** 10K, 10-15 calories per minute, 610-915 calories
- **OLYMPIC TRIATHLON:**
3 hour 9 minutes, 1,962-2,946 calories per minute

HEALTHCARE PROFESSIONAL 12 HOUR SHIFT

Journal of Research in Nursing, Nov. 1 2019

On average, nurses burn 2.12 calories per minute and during a 12 hour shift it is possible that they will burn 3005 calories.

This study was Pre-Pandemic and Hurricane Ida

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THIS IS A LOT
OF WORK FOR
A FREE

BANANA

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RUNNING THROUGH THE WALL OF OUR EMOTIONAL AND SPIRITUAL BEING

Breaking the wall of emotional exhaustion

- I can't do this any more.
- I hurt from head to toe.
- My body aches.
- I can't handle this, can I just stop the race.
- There is no end to this.
- I just want to sit down and cry.

RUNNING WITH INNER STRENGTH MEANS TRAINING

- To find an **emotional calm**
- To develop **emotional awareness** and address it as it guides your day
- Practice a **emotional/spiritual** presences that finds positives in the mist of a hard moment



RESILIENCE ON THE RUN

- The Resilient Mind is **POSITIVE.**
- The Resilient Body is **PHYSICALLY STRONG.**
- The Resilient Spirit has **INNER STRENGTH.**

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WHY DO WE NEED TO TRAIN?

An American Nurses Foundation survey 2020 on the impact of Covid-19 on nurses' mental wellbeing.

- **12,418 Nurses'** (442 ED) previous 14 days
- Exhausted **81%**
- Overwhelmed **67%**
- Anxious or unable to relax **64 %**
- Depressed **44%**
- Angry **43%**
- Only **33%** had confidence in their 'ability to handle things'

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WHY DO WE NEED TO TRAIN?

Journal of the American College of Emergency Physicians Survey

- **1,300** Emergency Physicians
- **22%** reported symptoms of stress consistent with PTSD during the Covid pandemic

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WHY DO WE NEED TO TRAIN?

American Psychiatric Association study presented at the annual meeting May of 2021

- **36%** of **1,390** physicians with no active history of PTSD had PTSD during the pandemic

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WHY DO WE NEED TO TRAIN?

According to a 2021 Washington Post/Kaiser Family Foundation survey close to

30%

of healthcare workers
are considering
leaving the profession.

The Washington Post

KFF

HENRY J KAISER
FAMILY FOUNDATION

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WE NEED RESILIENCE

- A RESILIENT MIND
- A RESILIENT BODY
- A RESILIENT EMOTIONAL/SPIRITUAL SOUL

The harder we train the more resilient we become.
The more triathlons we run the more resilient training we will need.

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ITU
sport
World Championships Festival

FINISH

Penticton 2017 ITU
Multisport
World Championships Festival

Valley First

Penticton

N

TRANSPORT

Valley First
Penticton
ITU
2017

2:40:33

MCQUAID
CAN
Penticton
2017

7
Township

ME
EVENTS

WORLD

MB
EVENTS

TRAVEL
Penticton

CHAMPIONSHIP

F2C
NUTRITION

MB EVENTS

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