

# Children's Hospital Colorado

## Compassionate Communities

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HeartMath Trainer



# Bringing care closer to home



*We work closely with community providers to coordinate each patient's care. And because we serve a big region, it's imperative to get it right: a family going home to Montana, say, can't easily come back. That's why we've formed Care Alliances with providers all over the region.*

## **We see more, treat more, and heal more kids than any other hospital in our seven-state region**

- We are Colorado's only licensed specialty hospital exclusively for children.
- We care for patients from all 50 states and at least 35 countries.
- We are the only Level I Pediatric Trauma Center in our region.
- Our Level IV Neonatal Intensive Care Unit offers the smallest patients the highest level of acute care.

### **Regional Outreach**

- 1,284 clinics
- 14 specialties
- 23 cities
- 3 states

### **Telehealth**

- 2,209 encounters
- 36 specialties
- 36 cities
- 9 states

# Mission

*As a private, non-profit pediatric hospital, our mission is to improve the health of children through the provision of high-quality, coordinated programs of patient care, research, education and advocacy.*

## **Patient Care**

We keep our patients and their families at the center of everything we do, especially when it comes to experience, quality and safety. Equipped with the most advanced technology, our experts deliver some of the best outcomes in the country.

## **Research**

We offer our patients the most innovative treatments today. Collaborating with our colleagues from the University of Colorado on the Anschutz Medical Campus ensures that our discoveries rapidly lead to new medicines, devices and treatment practices.

## **Education**

Lifelong learning advances our mission. Through academic and community partnerships, we shape the future of pediatric health by training tomorrow's health care professionals.

## **Advocacy**

Our influence extends beyond our health system. We bring health programs to the community and advocate in the state and national legislatures.

# Vision

*Child health. Reimagined. Realized.*





# Values

For a child's sake...

We are a caring community called to honor the sacred trust of our patients, families and each other through humble expertise, generous service and boundless creativity.

...This is the moment



New Graduate  
Compassion  
Circles

Caritas  
Circles

Connection

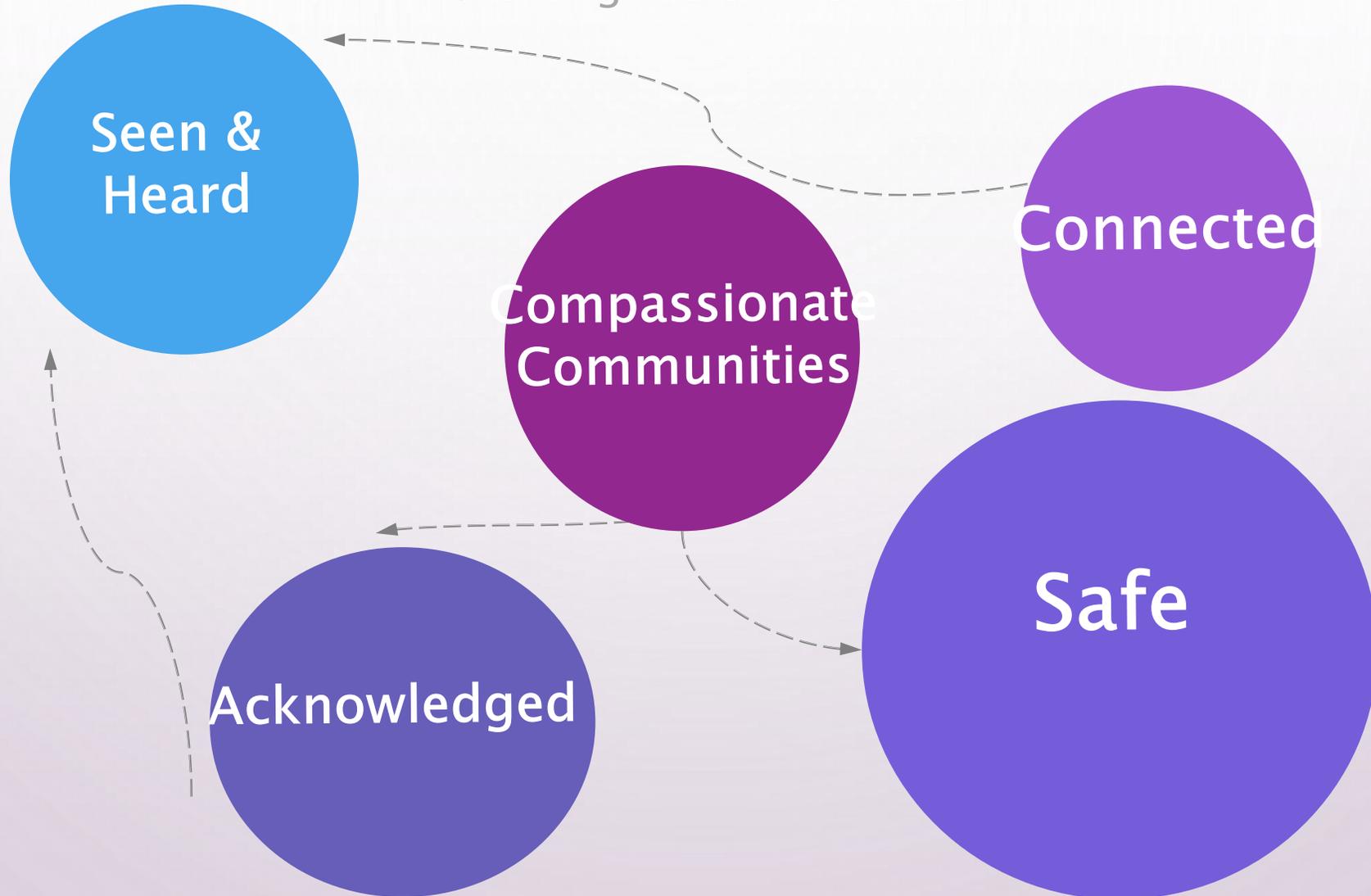
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Community

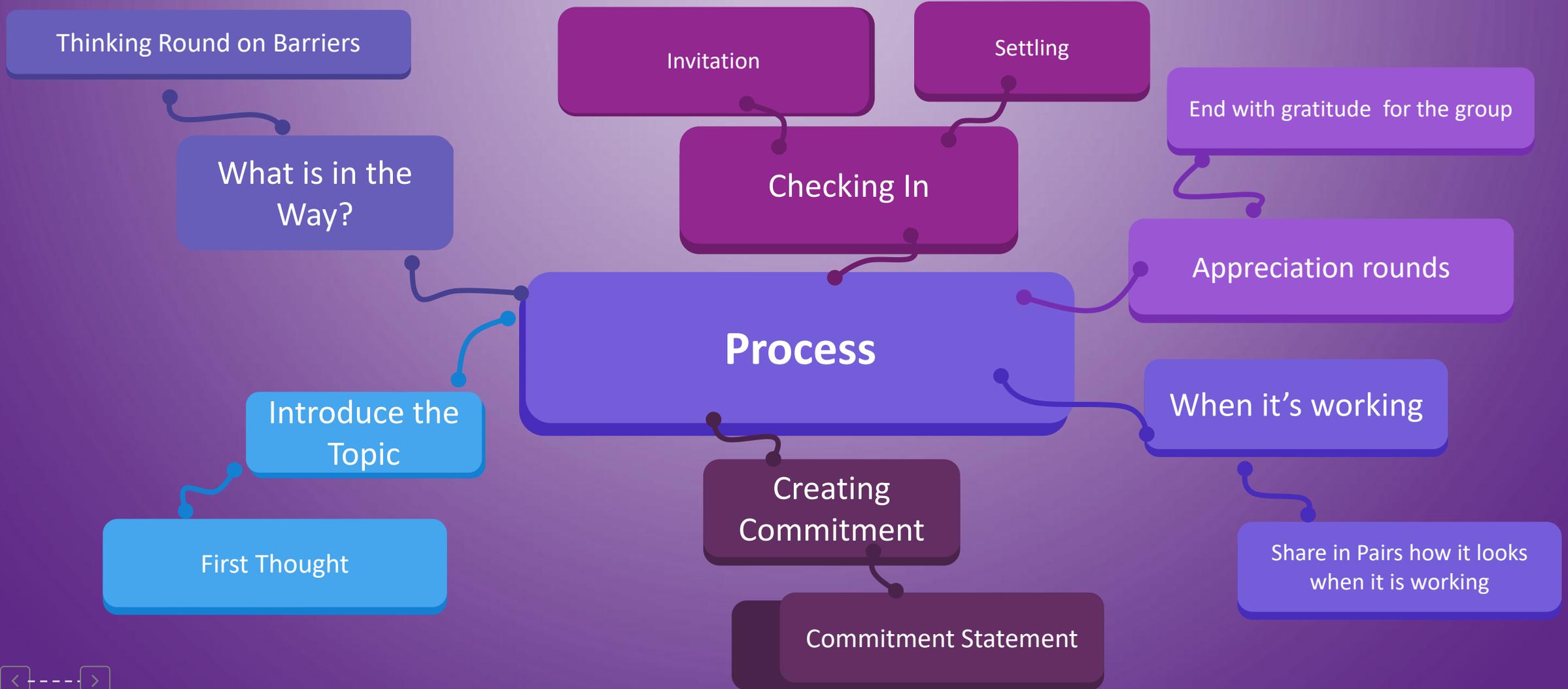
Compassion

# C3

Creating the connections



# What does Connection, Community, Compassion Look Like?



# C3 Tool Box

**Flow vs Barriers**

Clarify what the ask is

- Venting with Purpose
- Not Pollyanna

**Thinking Rounds**

Everyone has the same opportunity to share

- Start and go to the left
- Fair and Equal

**C3 Tools**

**Pair Share**

Free flow of thoughts

- Smaller group
- Increase Safety
- Deeper Discussion

**First Thought**

Visualization

- First thing that comes to mind
- Imagine what it would be



"Rather than asking how can we dare to bring love and caring together into our lives, and work, and our science; we can ask "How can we bear not to"  
Jean Watson



## Caritas Circle



Dates for In-Class Sessions:  
May 20th- 9:00-12:00  
July 15th- 9:00-12:00  
Sept 16th - 9:00-12:00

On completion Participants Earn:

- ◊ 500 Vitality Points
- ◊ Continuing Education
- ◊ 1:1 project mentoring with a Caritas Coach if interested

Interested? Questions?  
Please Contact Chris Griffin  
at [Christine.griffin@childrenscolorado.org](mailto:Christine.griffin@childrenscolorado.org)

Are you looking to reconnect to your passion and purpose as a care provider?

Do you want to learn tools to practice from an ethical and philosophical foundation?

Caritas Circle is a deeper dive into Jean Watson's theory of Caring Science. Together we will learn to use heart-centered awareness to create healing environments for self and others. We will spend six months discussing, reading and reflecting on ways to live the caritas processes in the midst of the complexities of caring for others.

The class will meet in person every other month with reading and reflections assigned on the off months

### Tools participants will develop

- ◊ Living the Caritas Processes
- ◊ Pausing to Care
- ◊ Authentic Presence
- ◊ Journaling
- ◊ Reflection
- ◊ HeartMath
- ◊ Practices towards Peace

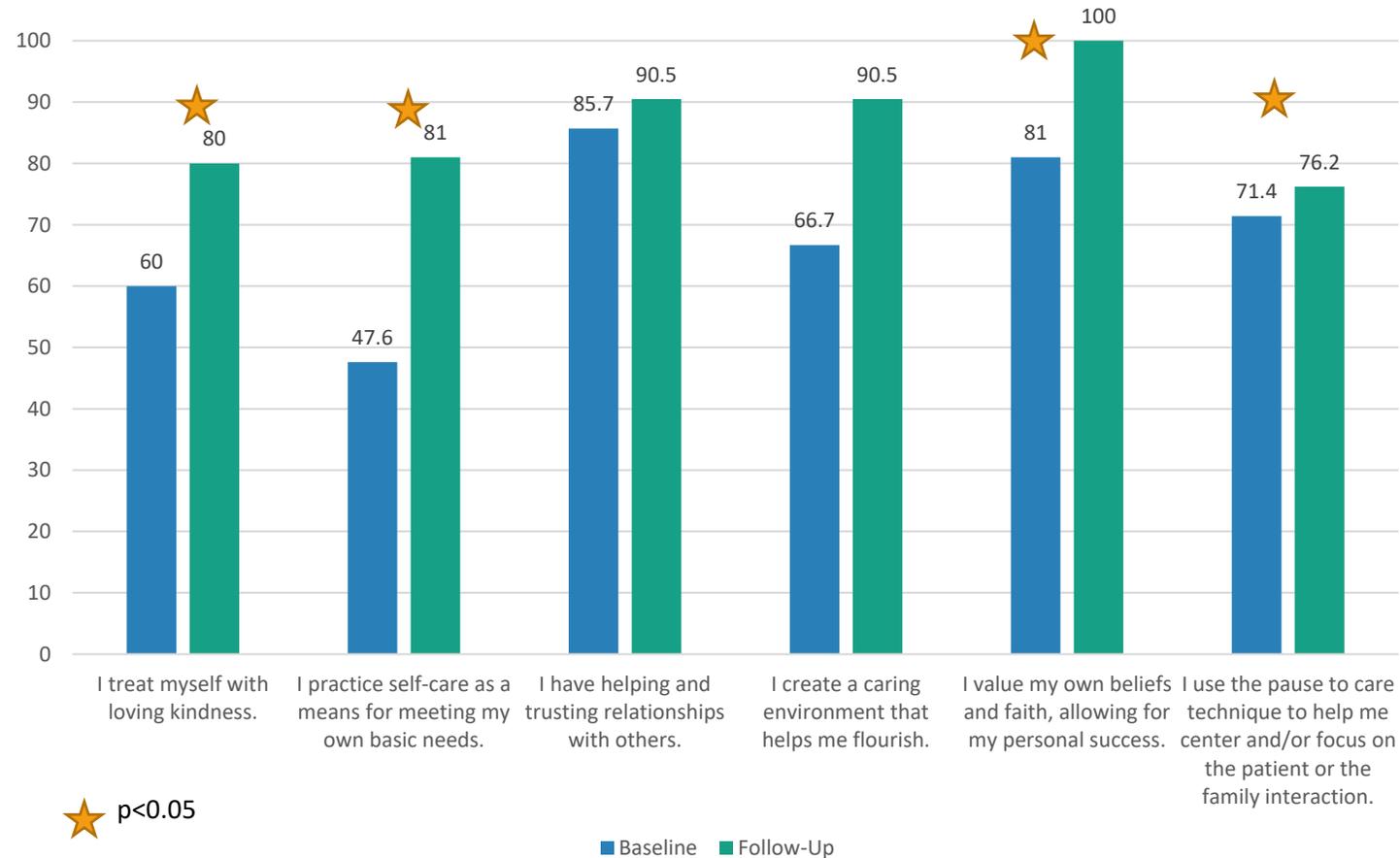
# Caritas Circles

≈ 6 Month Deeper Dive  
into Theory guided  
practice

≈ 6 cohorts

# Caritas Circle Research

% Respondents Selecting Top 3 Response Options *Always, 6, 5* Compared to *4, 3, 2, Never*



Test were Wilcoxon rank sum tests (non-parametrical that do not assume any distribution of the data such a t-tests and account for the ordinal response scale. P-value refer to analyses using the original 7-point scale, the collapsed scale is used to simplify the visualization.

# New Graduate Compassion Circles

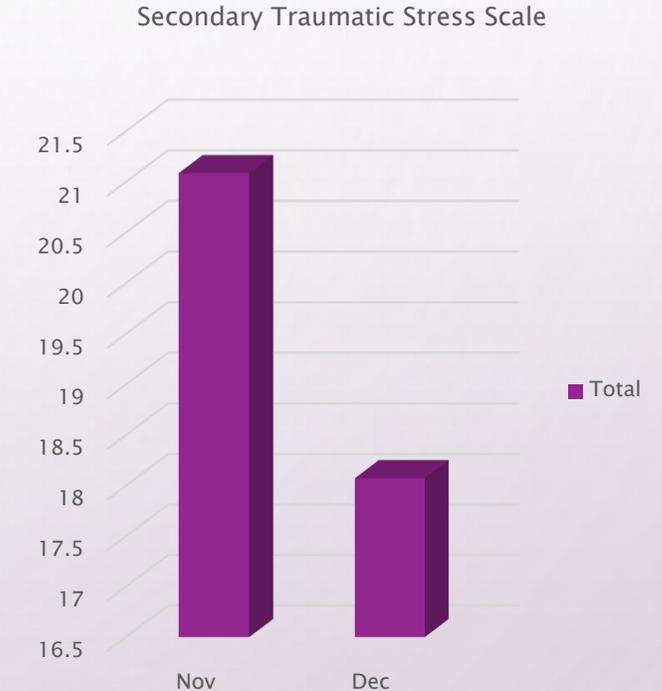
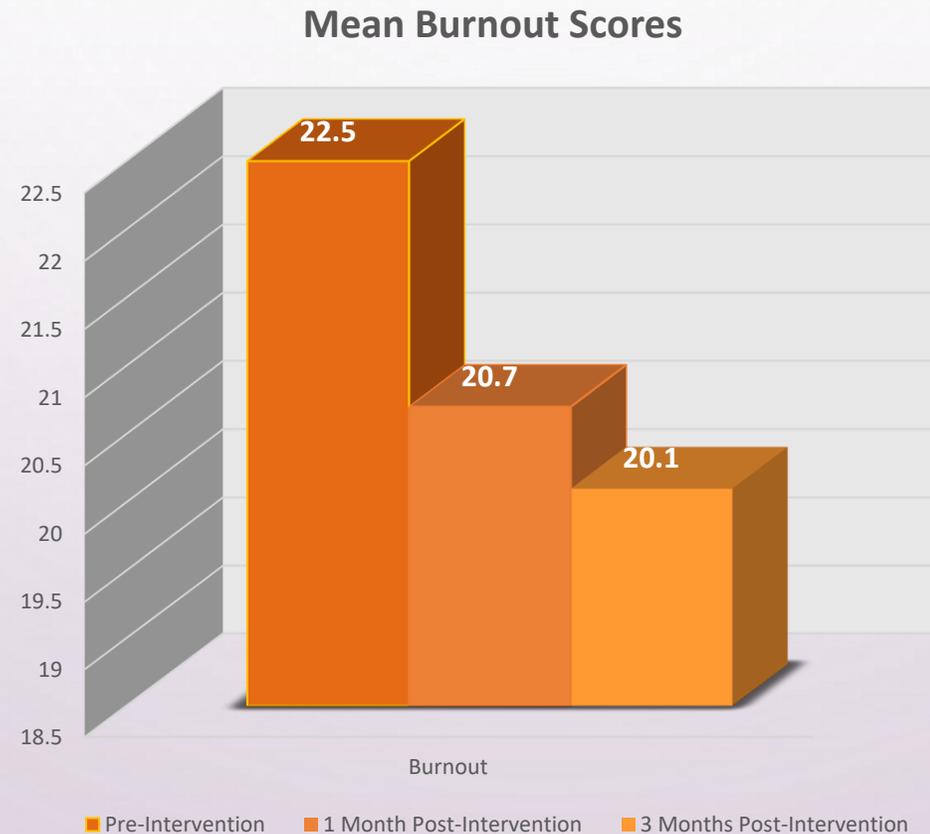


- ≈ One Year Residency Program
- ≈ 3 Cohorts a year
- ≈ 6 touch points

# COMPASSION FATIGUE INTERVENTION FOR NEW GRADUATE NURSES

*Intervention significantly improves compassion satisfaction, lowers burnout, and decreases secondary traumatic stress.*

- 27% OF PARTICIPANTS HAVE DECREASED SECONDARY TRAUMATIC STRESS SCORES ONE MONTH POST INTERVENTION.
- 34.2% HAVE IMPROVED BURN OUT SCORES ONE AND THREE MONTH POST INTERVENTION.
- 88.1% FEEL PROUD OF THEIR WORK AS A NURSE.
- 79.4% OF PARTICIPANTS SATISFIED WITH THEIR WORK.



# Any Question ???

WHAT

WHY

WHERE

WHEN

WHO

HOW

