

# UW ECHO in Geriatrics



3.3.22 | “Why We Do What We Do”

Presenters: UW ECHO in Geriatrics Interprofessional Specialist Hub Team



UNIVERSITY  
OF WYOMING

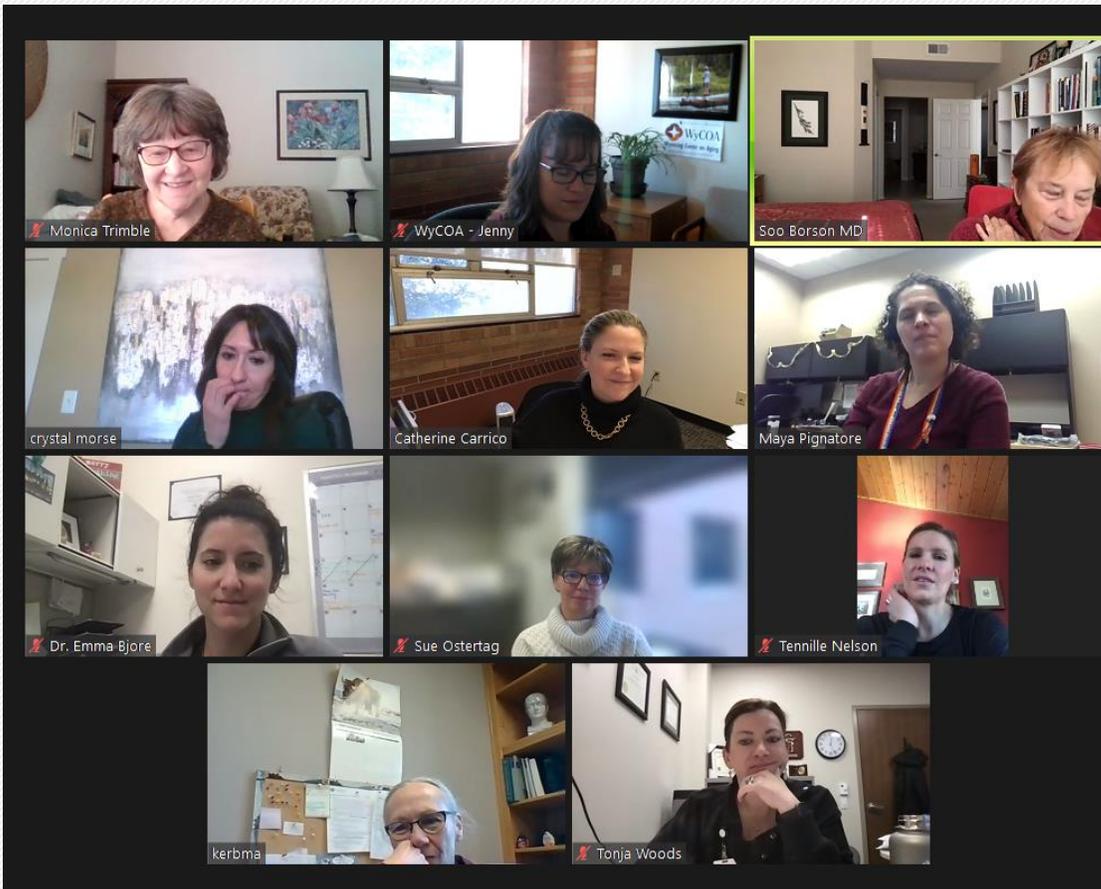
Wyoming Center  
on Aging

wycoa@uwyo.edu  
[www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa)

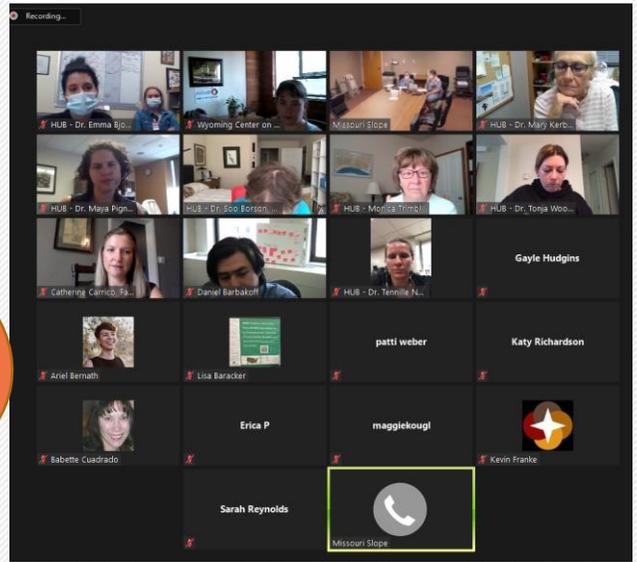
## Objectives:

**Describe  
common factors  
that contribute  
to burnout**

**Identify  
strategies to  
promote self-  
care**



Caring



Active, exciting work



Making a Difference



Compassion

# What is your WHY?

Dr. Tonja Woods, PharmD, BCG. Pharmacist



I have an intrinsic desire to help those in need. The last 2 years have impacted my work in a way that I'm not crazy about. The work is more and the workers are less. I wear several hats in my professional life. In teaching, it has been has a complex learning curve to adapt to teaching in different environments. Engaging students virtually is more difficult and working to professionalize them to become health care providers is even more difficult. In practice, I try to focus on "my why"...remembering that I am here to help people. Because the ways people need care and the type and level of care that patients have needed through COVID has changed, sometimes my own care has suffered. Working longer hours, spending less time with my children, listening to others struggle with "working from home" while I struggle to "work from work" and often wish I could work from home, skipping meals, getting less sleep, and the list goes on. One has to be intentional to recharge during these times. In sum, "my why" hasn't changed as a result of COVID. Perhaps it has offered more focus on "my how". I have to recall areas of importance, hitting the reset button on self-care, so I am able to help others.

# What is your WHY?



Monica Trimble, LCSW. Social Work

*“As a social worker I am always working toward social justice. Personally, I also love that people allow me to be a part of their lives at the most trying and difficult times and that I can help make that time easier”*

# What is your WHY?

Emily Dillow, LMSW, SWLC. Social Work



It is a privilege to walk with individuals, groups, and our community along the journey of positive change and empowerment. I enjoy social work for the diversity of problems to help solve and the social justice component that is infused throughout all my work. Covid and the last few years have drastically changed daily practice of social work and offered opportunities to build resilience among patients, my team, and myself. As I move forward into 2022, I see the fatigue, the wavering resilience in my patients and co-workers, and at times it can feel too much. But I also witness how we continue to come together, to problem-solve these new challenges, and continue the advocacy for all people to live their best lives.

# What is your WHY?

**Mary Kerber, MD. Neurology**



**The past 2 years have been crushing for many people, and this is reflected in medicine**

**As a neurologist, I am seeing many more presentations of suffering that have a common theme**

**Loss**

**I am seeing more persons with non-neurologic diagnoses than ever before**

**Loss and stress can translate into nebulous ailments that have no real solutions, because they manifest the uncertainty of our times**

**The virus may not affect everyone equally**

**Some persons are physically damaged, some emotionally scarred**

**This can present as anger issues, polarizing political statements, denial, fear, depression, anxiety, or other emotions. These in turn manifest as sleep disorders, headaches, digestive issues, marital problems, substance abuse, self identity crises, and others**

**I see these persons in my clinic, and I try to help them find tools for self-soothing and self healing**

**My “why” leads me to wonder**

**Where are we heading as a society?**

**A search for meaning is more important in times of stress**

**Each of us must find our own answers**

# What is your WHY?

Soo Borson, MD. Psychiatry



During my years as a clinician, I was privileged to accompany many people living with cognitive decline and dementia from the point of diagnosis through the progression of their disability. Working with them and their families is very personal - and among the most satisfying work I've ever done as a doctor. They needed to know someone had their back - it made all the difference.

I've been working remotely since COVID - and though I no longer see patients myself, I work with health systems and clinicians who are seeking to understand best practices in dementia diagnosis and care and improve their own capacities. This larger platform gives me hope - one day may everyone have access to the care they need!

For me, being able to bring my whole self to my work is such a blessing.

# What is your WHY?

Tennille Nelson, PT, DPT. Physical Therapy



**Despite all the changes and challenges of COVID, my “why” has not changed. It is an honor and a calling to want to care for others. To be with someone during what is quite possibly the most vulnerable time of their life and to give some control back to that individual is important and I’m lucky to be in a position to do that. Being able to move your own body, even with help, gives back some control of your own life that illness has tried to take away.**

# What is your WHY?

Maya Pignatore, PhD. Psychology



**I get a lot of joy out of my work. It is so wonderful to bring hope to older clients. I'm always so happy to help clients make changes to their lives and learn to find new joys even in their last years or months.**

# What is your WHY?

Faith Jones, MSN, RN, NEA-BC. Care Coordination Specialist



As a nurse and a consultant, the last couple of years have made it difficult to connect with people. As we have moved many interactions to virtual, it takes more effort to truly connect. In care coordination, connection and relationship is everything. As I continue to work with care coordinators around the country, I hear and feel their frustration as they are pulled in different directions. Care coordination services are still not very well understood and as a proactive approach to care, it can be the first place where staff is pulled from to manage the COVID crisis.

I am passionate about providing proactive care and ensuring that our elderly patients are not falling through the cracks. Being able to educate and support care coordinators who are working directly with this vulnerable population is an honor. I am so proud of the innovation and outside of the box thinking that I have witnessed during these last two years in order to maintain and develop relationships to proactively manage care.

# What is your WHY?

Crystal Morse, CSW, CCM



I want to support my friends, colleagues and family who work hard to serve our communities and health systems during COVID-19. I have seen the resilience and dedication show through during these troubling times as we continue to support and lift each other. I am humbled and proud to be in company with such caring people.



What is your WHY?





UNIVERSITY  
OF WYOMING

Wyoming Center  
on Aging

[wycosa@uwyo.edu](mailto:wycosa@uwyo.edu) | (307) 766-2829

[www.uwyo.edu/wycosa](http://www.uwyo.edu/wycosa)