

Webinar

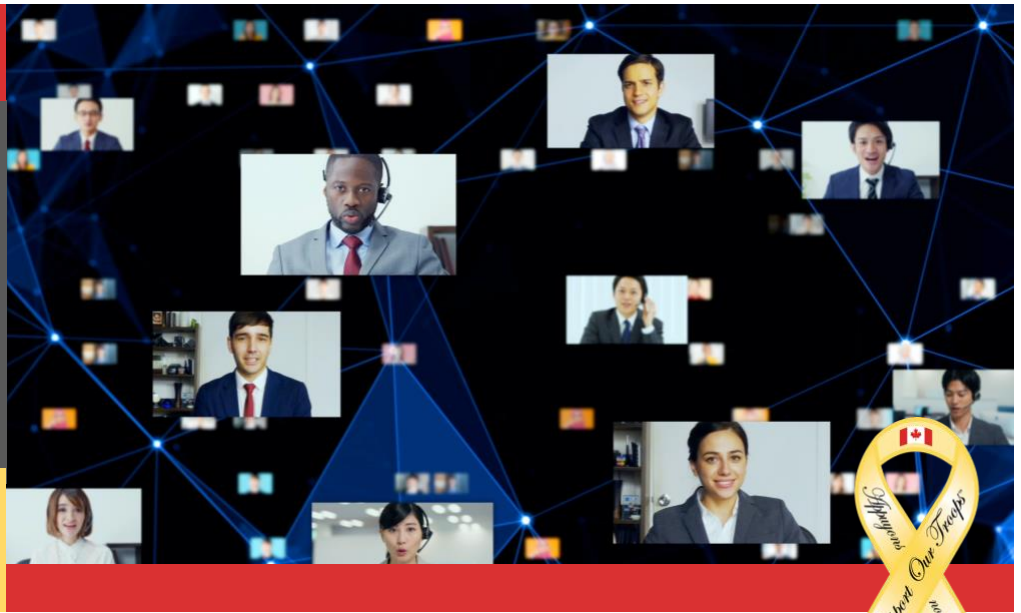
Organized by the Australasian Services Care Network

Moderator: Robert Lippiatt

Speakers:

LCol (ret'd) Dr. Alexandra Heber
Dr. Suzette Brémault-Phillips

Collaborator: Dr. Lorraine Smith-MacDonald



Stay tuned! Follow us on social media (respectcanada) and visit our website: respectcanada.org

Moral Dilemmas and Moral Injury: Confronting Wicked Problems, Tricky Questions, and Tough Decisions

RESPECT

The current COVID-19 pandemic has fundamentally destabilized the context in which frontline healthcare providers and public safety personnel provide service to the rest of us. What does evidence from past pandemics and disasters teach us about the moral dilemmas and wicked problems that these “first responders” face, and the moral injuries that can sometimes result? This presentation will focus on the current tough decisions, moral dilemmas, and wicked problems faced by those working on the frontlines of the COVID crisis. Never has there been a more important time to discuss the potential impact of moral injury on the health and wellbeing of our “essential” workforce. We will discuss ways to prepare for and gird oneself against the negative impact of our present circumstances, and the importance of engaging in practices that enable healthcare workers and public safety personnel to not only cope amidst struggles, but to thrive in the face of them.

The context of COVID-19 leads us to question the difficulties experienced by uniformed personnel, in a wider spectrum considering their confrontation with unusual situations.

This change in their work environment has led to the transformation of their mandates, roles, and expectations, and those uncertain about the duration of these changes.

The repetition and the number of people who come for help is exhausting and confronts front-line staff with a lack of preparation. Quickly, they were limited in their ability to act while facing a strong sense of uncertainty that increased their entirety of being overwhelmed and feeling hopeless.

Moral Dilemmas: Examples of Potentially Morally Injurious Experiences

The webinar listed a wide variety of risks of moral injury:

- 1) “Being served” vs. “serving”;
- 2) Being stigmatized;
- 3) Making decisions amidst triage and surge capacity issues;
- 4) Providing compromised service;
- 5) Risking One’s Life;
- 6) Putting Family at Risk;
- 7) Risking colleagues;
- 8) Fear of making a mistake.

What can help?

There are several approaches that can be used to support uniformed personnel in this state of crisis, including: 1) through Leaders’ roles and Leaders’ health; 2) through crisis communication; 3) through teamwork; 4) through “public-spirited” behaviour; 5) through connection with Self and Family; 6) through promoting resilience and healthy recovery; 7) through attachment theory.

For more details on these practices, you can review the webinar:

https://www.youtube.com/watch?v=1Kxlx6wu8Dw&feature=youtu.be&ab_channel=VeteranTransitionandWellbeingWebinarSeries

