

THE PAUSE

By: Sabrina Apau and Dannica Melgar



WHAT IS “THE PAUSE”?



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- Jonathan Bartels, BSN, RN
- Enforced by Cleveland Clinic
 - Center for End-of-Life Care
- 15 – 30 seconds
- Closure and Honor



THE GOAL



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- To implement The Pause
 - Each patient passing in the OR
- Reduce burn out
- Increase job satisfaction
- Reduce distress (morals)



MEASURABLE OUTCOMES



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- Implement The Pause
 - Duration: 1 month
 - Every patient passing
- Utilizing a survey for caregivers/staff



PROCESSES CURRENTLY IN PLACE



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- 23 health systems
- Worldwide
- Increased use with the pandemic
- HCA hospitals



HOW CAN WE IMPROVE?



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- Providing a standard script
- Setting aside a specific time
- Allowing expression of empathy



Create	Create a longer pause in less emergent settings.
Encourage	Encourage colleagues to express feelings of death.
Change	Change the view of grieving in the professional setting.

**WHAT CHANGES ARE WE
GOING TO MAKE BASED
ON THE FINDINGS**





**WHAT EXACTLY
ARE WE GOING TO
DO**

- During nursing school, teach students end of life procedures.
- Training about death and dying in the workplace.
- Set aside simulation training.
- Practice performing the sacred pause.
- Teach self-awareness about death and dying.

STUDY — WHAT WERE THE RESULTS

- Reduced burn-out among nurses.
- The staff's ability to express feelings.
- Greater retention of staff.
- Offers self-care for the individual and the team.
- Resets the minds of staff.





**WHEN AND HOW
CAN WE IMPROVE**



**Start and the
educational level.**

New hire training.

**Continuous educational
training.**

Work module training.

CONCLUSION

- The Pause created by ER nurse Jonathan Bartels after the death of a patient.
- Reducing burn-out
- Standard Script
- Teach the death process earlier
- Change the view of grief in the professional setting
- How can the pause improve?



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