Helping while Healing: Resilience in healthcare

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Abstract

This study explored how personal health challenges may affect healthcare professionals in their work with patients. A qualitative survey was used to compare the experiences of two healthcare professionals and identify themes related to empathy, patient rapport, and personal health management.

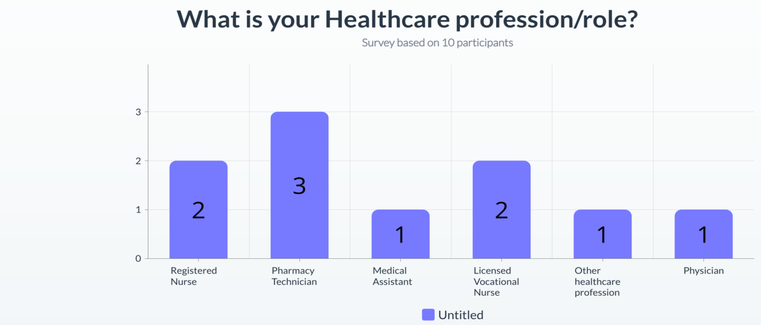
Introduction

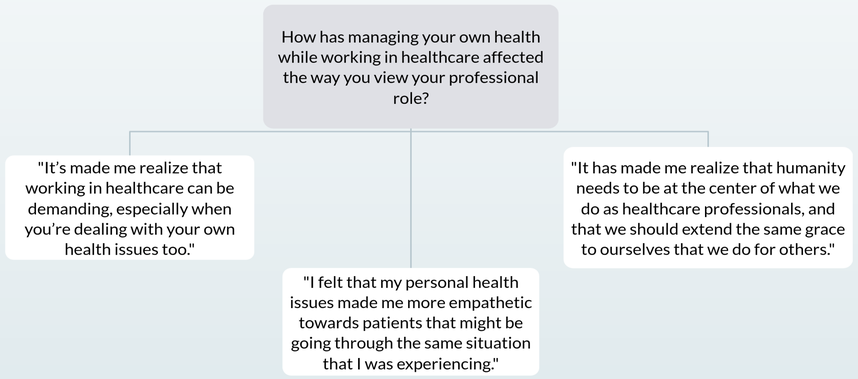
Healthcare professionals may face their own health challenges while continuing to care for patients. Managing personal health concerns while meeting the demands of their job can be difficult and may affect them physically, emotionally, and professionally. At the same time, these experiences may help providers better understand what patients are going through and develop a greater sense of empathy and connection. Exploring both sides can show how personal health experiences may influence the healthcare professional as well as the care they provide to others.

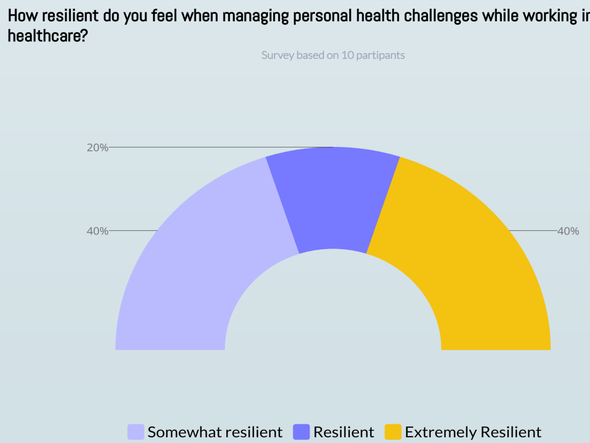
Methodology

An anonymous survey was used to explore how healthcare professionals' personal health experiences may influence empathy, patient care, and the ability to balance their own health needs with professional responsibilities.

- **Participants:** n = 10
- **Qualitative questions:** 3
- **Quantitative questions:** 3
- **Total survey questions:** 6







Results

.The survey responses showed that personal health experiences can affect how healthcare professionals interact with and understand their patients. Several participants described having more empathy and being able to relate better to patients going through health concerns. Responses also showed that it can be difficult to manage personal health needs while still keeping up with work responsibilities and caring for others. Some participants felt that their own experiences changed the way they viewed patient care and helped them become more aware of what patients may be going through.

Implications

These findings may help raise awareness of how personal health experiences can affect healthcare professionals, their ability to manage work responsibilities, and the way they relate to patients. Because this survey included only 10 participants, the results represent a small group and may not reflect the experiences of all healthcare workers. A larger and more diverse group of participants could produce different results and provide a broader understanding of this topic.

Conclusion

The findings suggest that personal health challenges can shape the way healthcare professionals experience their work and connect with patients. Participants indicated that these experiences may increase empathy, understanding, and awareness of patients' emotional needs, while also creating added stress when balancing personal health with professional responsibilities. Although this survey included a small number of participants, the responses suggest that greater workplace awareness and support may help healthcare professionals better manage their own health while continuing to provide quality patient care.

Acknowledgements

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