

Burnout and other Challenges in Palliative Care:

When you are a Survivor and Care-giver

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Conflict of Interest Disclosure

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Has no real or apparent
conflicts of interest to report.





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World Death Rate Holding Steady At 100 Percent

GENEVA, SWITZERLAND—World Health Organization officials expressed disappointment Sunday over the group's finding that, despite the enormous efforts of doctors, rescue workers, and other medical professionals worldwide, the global death rate remains at 100 percent.

Death, a metabolic affliction causing shutdown of all life functions, has long been considered humanity's number-one health concern. Responsible for 100 percent of all recorded

fatalities worldwide, the condition has no cure.

"I was really hoping, what with all those new radiology treatments, rescue helicopters, cardiovascular-exercise machines, and what have you, that we might at least make a dent in it this year," WHO Director General Dr. Ernst Wessell said. "Unfortunately, it would appear that the death rate remains constant, as it has since the dawn of time."

Many suggest that the high mortali-

ty rate represents a massive failure on the part of the planet's healthcare workers.

"The inability of doctors and scientists to address and confront this issue of death is nothing less than a scandal," concerned parent Marcia Grella said. "Do you have any idea what a full-blown case of death looks like? I do, and believe me, it's not pretty. In prolonged cases, total decomposition of the corpse is the re-

see DEATH page 54







"There's no easy way I can tell you this, so I'm sending you to someone who can."

everything takes longer
than you think it should
or thought it would
except your life





SOME IDEAS TO CONSIDER:

- What does Self-Care mean for you?
 - Relaxation techniques
 - Mindfulness
 - Meditation
 - Walking
 - Vacations
 - GRATITUDE
 - Allow grief
 - Community
 - Creativity
 - Rituals
 - Dare to “dive in”
 - Reframe feedback to each other
- Not judging, from a baseline of “perfection”
 - Recognize successes
- Find a place of rest in the middle of things
 - Silence
- ” “go to the places that scare you”









Perhaps you have used the
the origin of rain

are inspired to imagine the power of the trees and the
energy of
rains to heal you
words, someone through their rains to heal you
they read or heeded

to me
forms will be
for the support
colleagues around the country
the administration of a
e involved in the
healing process will be blessed

FLAIDESH
a rare rock
the molecule at the heart of Carborane
strength of this rock and the power of Earth have led your
calls to
help heal you
they read or heeded

the journey continues....









i
wish i could
show you,
when you are
lonely or in
darkness,
the astonishing
light of your
own being.

- hafiz