



Moral Distress

Bonnie Cham, MD
Katarina Lee-Ameduri, JD, MA



Moral Distress

- “Psychological response to morally challenging situations” *C. Fourie, Moral distress and moral conflict in clinical ethics*
- Knowing the right thing to do, but due to institutional constraints are unable to follow through



Constraints

- Clinical Situations
- Factors internal to the caregiver
- External/environmental factors

Moral Residue

- Impact that these situations have on our later lives
- Top 5 cases/scenarios we have encountered that make us remember whenever we are placed in a similar circumstance

Moral Resilience

- Build self-awareness
- Learn ways to approach ethical problems
- Enhance quality relationships
- Fix what you can, escalate as needed
- Learn to accept there are things you can't change

Healthy Strategies

- Nutrition
- Sufficient sleep
- Adequate exercise
- Maintain healthy relationships
- Build self-confidence and competence
- Cultivate moral sensitivity

Further Resources to assist

- Shared Health has documents you can review on their website.
- These include web links to EAP and the Government of Manitoba virtual therapy available since the onset of COVID 19
- Requesting Ethics Services



Further Resources to assist

Interested in the opportunity to develop additional **Coping strategies** to support your well-being?

Click on the links below:

- **AbilitiCBT** <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>
- **AbilitiCBT Fact Sheet:** <https://sharedhealthmb.ca/files/abiliticbt-fact-sheet.pdf>
- **EAP Connect** <https://www.mb.bluecross.ca/member/eap/connect>
- **Shared Health Mental Health Resources:**
<https://sharedhealthmb.ca/covid19/providers/mental-health-resources/>
- **COVID 19 U of MB Infographic:**
<https://sharedhealthmb.ca/files/covid-19-u-of-m-infographic.pdf>
- **WRHA Mental Health Promotion website:** <https://wellbeingguide.ca/wp-content/site/>
- **CMHA Winnipeg and Manitoba Wellbeing Learning Centre:**
<https://mbwpg.cmha.ca/programs-services/learning-centre/>
- **Klinic Calm in the Storm app:** <http://calminthestormapp.com/>



Ethics Contact Information

- Bonnie Cham, MD
Ethics@sharedhealthmb.ca
- Katarina Lee-Ameduri, JD, MA
klee13@sbgh.mb.ca