

Injecting Humor into Healthcare: A New Shot of Excellence

Faculty: Ronald P. Culberson, MSW, CSP

Format: Lecture

Description

You've heard that laughter is the best medicine, right? Did you know that humor is a cure for many ailments in work, life and the healthcare environment? It has been proven, through research and practical application, that humor is a wonderful tool that can help us manage stress and become more effective. With staffing shortages, HIPAA, regulations and the sheer intensity that go with caring for patients and their loved ones, humor is a warm touch in a cold bedpan world.

In this program, healthcare staff will learn how combining excellence with humor can reduce stress, improve creativity, increase productivity and most importantly, balance the seriousness of life and work by giving them a new perspective. Through a FUN, funny *and* educational experience, participants will learn how to be excellent with humor.

Outline & Objectives

A. Inject Yourself with Humor

1. Define the difference between seriousness and excellence.
2. Understand the importance of values and skills for creating excellence.
3. Recognize your tendency to experience negativity and stress.
4. Identify the value of humor to create a buffering effect for stress.
5. Learn to see the humor that is all around you as a way to balance the day-to-day stress.
6. Understand the mechanisms of humor which inherently lead to seeing with a new perspective.
7. See how humor leads to creativity and new ways of problem solving.

B. Inject Others with Humor

1. Assess the receptivity for and implement the use of humor with patients and families.
2. Use humor to connect with colleagues and to reduce tension and conflict.
3. Use humor as a technique for education and communication.

C. Inject the Work Environment with Humor

1. Acknowledge the value in adding humor to the work environment.
2. Identify mundane, routine processes in the work environment
3. Determine ways to integrate humor into the work environment thus reducing stress and monotony.

FUNSULTING, ETC.®

Injecting humor into healthcare

A prescription for redefining excellence