Stronger Together

Colleen Kelley Alexander,

motivational speaker, Reiki Master, Kripalu certified Yoga teacher, and
Licensed Vibrational sound practitioner

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• Colleen Kelly Alexander declares no existence of a financial interest in any amount related to the content of this activity.

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Learning Objectives

1. Participants will recognize how they fit into the integral puzzle of patient care.
2. Participants will recognize the importance of working cohesively within the medical and social community to provide a wrap around

Colleen Kelly Alexander

• Motivational speaker, Reiki Master, Kripalu certified Yoga teacher, and Licensed Vibrational sound practitioner
• Successful, competitive triathlete
“Life changes in the blink of an eye. We cannot control the uncontrollable. So, how are we going to react?”
Colleen Kelly Alexander

• 5 ½ weeks on a respirator
• Coma
• Multiple resuscitations
• Multiple surgeries

“Even in my most vulnerable state, I had people taking care of me 24/7. People came together for a common purpose ... patient care.”

Recalling the October 8, 2011 tragedy ...
Colleen Kelly Alexander

What are your anchors when the storms hit? What makes you want to fight to live?

- Faith?
- Marriage?
- Desire to be a parent?

“Everything seemed to be stacked against me, but what was stacked for me? The human element.”

- People who had devoted their lives to medical care
- People who had donated blood
- The goodness is there! Find it.
Myriad of Feelings Following Trauma:

- Embarrassment
- Humiliation
- Anger
- Frustration
- Resentment
- Depression

“The compassion of caregivers helped keep me afloat for what is now over 30 surgeries.”

Colleen Kelly Alexander

Every one of you are part of the spokes of healthcare!

- Spokes must be strong and be able to adhere to the hub.
- If one spoke breaks, the wheel wobbles and will not move forward
  - You are part of a team ... a larger system. Do not be afraid to reach out for help.
Colleen Kelly Alexander

- Cycles of Recovery and Regression
- Intensive at home nursing care
- Major infection control procedures

Colleen Alexander Kelly

- Must get back into the race! “Training for surgeries”
- “A mile is a mile, regardless of how long it takes to get there.”
- Allowed an opportunity to be around other people and to be a part of something, which is invaluable
- In between surgeries:
  - Marathon in a hand cranked wheelchair
  - Numerous half marathons
  - Full marathon
  - Two half ‘iron man’ events
**Colleen Kelly Alexander**

- “Survivor’s Guilt”
- How can I thank those who helped with the journey?”
  - Finish the race! Get the medal.
  - Who are your heroes?
  - Can the medal be a way to express that gratitude?
  - Gratitude itself becomes an anchor
  - You are something much bigger than any title you hold!
  - Hold onto your networks!

**Colleen Kelly Alexander**

- How has life shifted for you during the COVID-19 pandemic?
  - The theme of ‘stronger together” continues to exist in this disconnected society!
- How can you take care of yourself during this time and still grow?
- How can you use your fears to help others?
  - For me: Reiki, Yoga, vibrational sound practice
Ubuntu

“I am who I am because of who we all are together as a community.”

Colleen Kelly Alexander

PharmCon invites you to visit Colleen’s webpage at www.colleenkellyalexander.com where you can read more about Colleen’s advocacy efforts and preview her book, “Gratitude in Motion”.

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