

Nurse/Consultant Claims Canadian Health Care Is In Danger of Losing Its Heart - Offers Solutions

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Frontline Health Care Providers face almost insurmountable challenges in their efforts to provide 'care', that is not merely hurried, mechanical and routine, but is also compassionate and attentive to the personal needs of the care receiver. **Is Canadian Health Care in danger of losing its heart?**

Aaron McNaught, the owner, and creative force behind Aaron McNaught Education/Consultations, isn't waiting for an answer.

Instead, McNaught has written and launched a Special Report entitled: ***Exposed and Examined: Three Major Factors Threatening The Quality of Frontline Canadian Health Care. What Are They? What Can You Do About Them?***

In this report, McNaught, who is also a psychiatric nurse, outlines **one simple practice** that puts an end to much of the unnecessary suffering experienced by frontline care providers.

Says McNaught, a 17 year practitioner of the advanced skills sets he teaches, "It almost seems like a conspiracy that we are not taught the life affirming skill of staying connected to our present experience with a strong, energetic attention. This ancient practice, found at the core of all the world's wisdom traditions, leads to a variety of powerful and almost immediate benefits including:

- the slowing down and stabilization of thought processes, naturally leading to -
- enhanced clarity, focus, emotional stability and feelings of well being
- reduced tension, stress and anxiety caused by unnecessary mental and emotional activity
- vastly improved communication skills, empathy and compassionate interactions

"Our western society is finally beginning to take notice of these kinds of teachings and skills. For example, Mihaly Csikszentmihalyi, author of the bestselling, *Finding Flow*, claims that, "to control attention means to control experience, and therefore the quality of life. How much stress we experience depends more on how well we control attention, than on what happens to us."

"In my workshops with frontline care providers", continues McNaught, "I hear repeatedly that they are well aware of the challenges they face. They are sick and tired of hearing about the statistics and surveys. They want real solutions they can use to manage their stress, emotions, interactions and moment to moment experience while on the job today."

McNaught goes on to suggest that there are deeper issues at stake, "Care providers are just like anyone untrained to deal with stress. The real problem is that the health, safety and welfare of **those we care for** is jeopardized. Unmanaged stress and emotional reactivity are hardly optimal conditions for anyone to work in, much less to care for your loved ones in."

McNaught ends on an optimistic note, "Attention Training is not a complicated solution, but its simplicity does not negate its power and effectiveness. This one simple skill, integrated and practiced in the workplace can put the heart back into health care."

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