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The impact of Wellness of the Healthcare Professional on patient outcomes

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I spent over 30 years in a clinical laboratory in a few different hospital settings. The settings ranged from Outpatient Oncology Laboratory to Forensic Toxicology to Reference Laboratory to being part of the team sent to Abu Dhabi with the Cleveland Clinic to get the laboratory up, operational and accredited. My role has varied throughout my career. And there are a few things that I know. I know that every single day, I would see stressed out professionals showing up fueled with lots of coffee or diet soda, barely taking care of themselves, showing up to take care of patients. The work that we do is very high stakes, and there are patients and families that are impacted by the quality and efficacy of our work. The demands are getting higher. During my time at the Cleveland Clinic, I developed a Wellness Program for the Robert J Tomsich Pathology and Laboratory Medicine Institute, where I helped build and incorporate initiatives that promoted a stronger culture of wellness within the community. It wasn't until some very dynamic and stressful life changes that I found myself facing my own health challenges. I then shifted my focus from aiding in the diagnosis of disease in the laboratory to focusing on the relationship with my own health. I made the shift to that of prevention, which started with my nutrition. In 2016, I drastically improved my health, wellbeing and vitality. The unequivocal difference that this makes in the way that people show up is more than impressive. I also know that busy professionals in stressful careers deserve to have the wellness edge and I am committed to raising the bar. I now work specifically with busy professionals to transform their physical health first, so they can further impact those that they serve in their professional and their personal lives. I believe that everyone deserves to live healthy, be happy and to enjoy an abundant joyful life at the office and at home.

Biography

Laurene S Cataline is a business strategist, entrepreneur, mentor, and her passion is holistic wellness. She works with women to focus on prevention of burnout, improving their performance and transformation in the overall quality of their lives. She spent over 30 years in a clinical role as a Medical Technologist. During that time at the Cleveland Clinic, she developed a Wellness Program for the Robert J Tomsich Pathology and Laboratory Medicine Institute, where she helped build and incorporate initiatives that promoted a stronger culture of wellness within the community.

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