Compassion Fatigue in Emergency Nurses: An Integrative Review

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**Introduction**

Compassion fatigue: Identified in all areas of healthcare and the world
- Interferes with the nurse’s ability to be kind and compassionate
- Symptoms mimic those of Post Traumatic Stress Disorder and affect the body, mind, and spirit
- Is considered “the cost of caring”

**Objectives**

- An integrative review to look at:
  - The concept of compassion fatigue
  - The prevalence of compassion fatigue
  - The need for compassion fatigue resiliency training in emergency nurses.

**Search Methods**

- Medical librarian was enlisted
- Narrow enough to capture the target population
- Broad enough to include all the many terms used to describe the phenomenon of compassion fatigue
- Both a title and abstract review were completed
- Inclusion criteria were English, full-text articles
- Both a title and abstract review were completed

**Search Terms**


**Synthesis of Findings**

- Compassion fatigue is pervasive throughout the world in all areas of the caring professions
- Caring and compassion are essential to the practice of nursing
- All nurses are at risk for developing compassion fatigue, but emergency nurses are particularly vulnerable by the very nature of their work

**References**


**Next Steps**

- A concept analysis of compassion fatigue to develop the terms and operational definitions in nursing
- Research in the area of why some nurses experience compassion fatigue and others do not
- Interventions that promote compassion fatigue resiliency with scientific measures of effectiveness
- Introduction of resiliency training into primary nursing education