

A woman with dark hair pulled back, wearing a light blue striped shirt and a grey blazer, is looking down with a thoughtful or weary expression. The background is a soft, out-of-focus blue and white.

COMPASSION FATIGUE AND THE ED NURSE

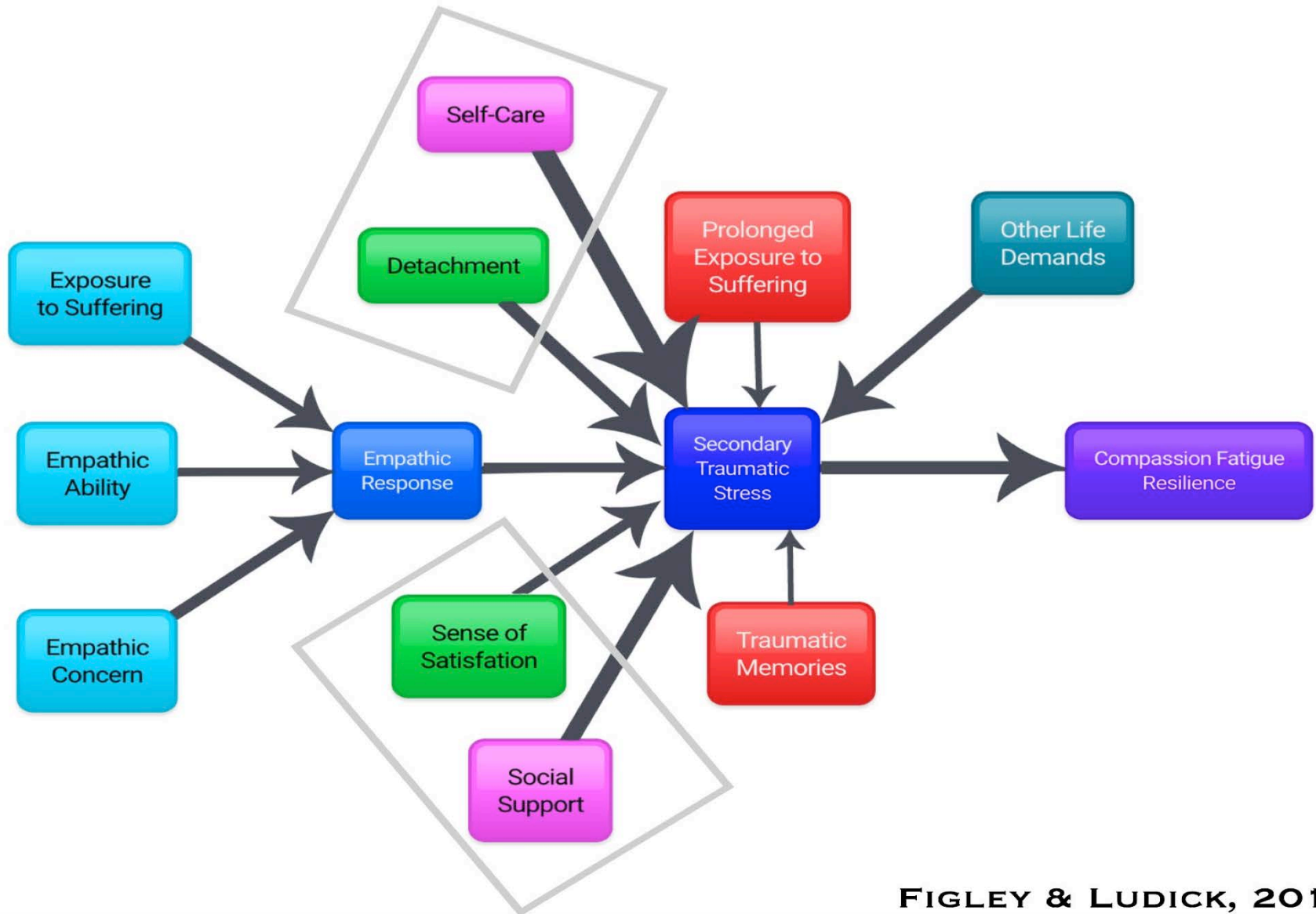
**WHAT IT IS AND HOW TO
ALLEVIATE IT**

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2017 DNP NATIONAL CONFERENCE**

DEFINITIONS

- **COMPASSION FATIGUE (CF)**- IS THE EMOTIONAL RESIDUE OR STRAIN OF EXPOSURE TO WORKING WITH THOSE SUFFERING FROM THE CONSEQUENCES OF TRAUMATIC EVENTS.
- **COMPASSION SATISFACTION (CS)**- IS THE SATISFACTION DERIVED FROM BEING ABLE TO HELP OTHER PEOPLE.
- **BURNOUT (BO)**- CUMULATIVE PROCESS MARKED BY EMOTIONAL EXHAUSTION AND WITHDRAWAL
- **SECONDARY TRAUMATIC STRESS (STS)**- REFERS TO THE PRESENCE OF PTSD SYMPTOMS CAUSED BY AT LEAST ONE INDIRECT EXPOSURE TO TRAUMATIC MATERIAL.

COMPASSION FATIGUE MODEL



THE STATISTICS OF CF ON ED NURSES

- **46% REPORTED INTRUSION SYMPTOMS**
- **52% REPORTED AVOIDANCE SYMPTOMS**
- **55% REPORTED AROUSAL SYMPTOMS**
- **85% REPORTED AT LEAST ONE SYMPTOM IN THE PAST WEEK**
- **86% HAD MODERATE TO HIGH LEVELS OF CF AT VARIOUS TIMES**
- **IN 2015 THE NATIONAL AVERAGE OF TURNOVER FOR RN'S WAS 17.4%, THE AVERAGE TURNOVER FOR THE ED WAS 21.7%.**

SO WHAT CAN WE DO ABOUT IT?

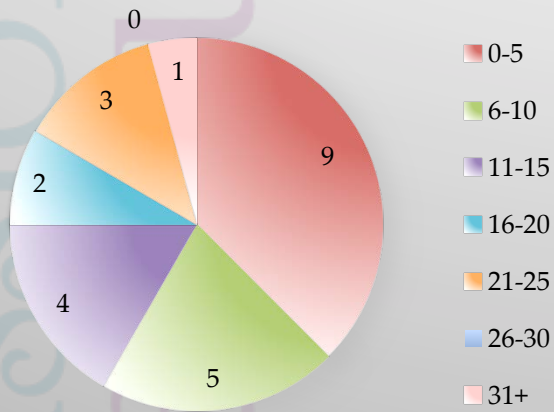
- **ACKNOWLEDGE THAT IT EXISTS.**
- **EDUCATE YOURSELVES ABOUT WHAT TO LOOK FOR IN YOURSELF AND OTHERS**
- **LEARN ABOUT THE RESILIENCY SKILLS**
 - A) **SELF-REGULATION**
 - B) **INTENTIONALITY**
 - C) **SELF-VALIDATION**
 - D) **CONNECTIVITY**
 - E) **SELF-CARE.**

PROFESSIONAL QUALITY OF LIFE (PROQOL) SCALE

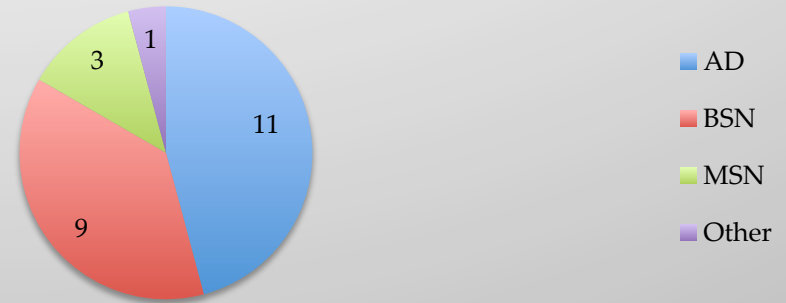
- **“PROFESSIONAL QUALITY OF LIFE IS THE QUALITY ONE FEELS IN RELATION TO THEIR WORK AS A HELPER. BOTH THE POSITIVE AND NEGATIVE ASPECTS OF DOING ONE’S JOB INFLUENCE ONES PROFESSIONAL QUALITY OF LIFE.” STAMM(2010)**
- **IT IS THE MOST COMMONLY USED SCALE TO MEASURE BOTH THE POSITIVE AND NEGATIVE ASPECTS OF WORKING WITH PEOPLE EXPERIENCING STRESSFUL EVENTS.**

DEMOGRAPHICS AND FINDINGS

Years as an RN



Level of Education (n=24)



ProQOL Scale

