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Effects of a Compassion Fatigue Workshop on Psychiatric Mental Health Nurses

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BACKGROUND

- Compassion fatigue (CF) happens when caregivers (i.e., nurses, SW, police, etc.) are repeatedly exposed to the trauma/distress of others.^{1 2}
- Sign/sx: avoidance, irritability, trouble concentrating, somatic issues, depression, increased absenteeism, and others.³
- Self-care and mindfulness have been shown to increase resilience and the capacity to cope with vicarious trauma & distress.^{3 4 5}
- Scant research on effects of institutional teaching of nurses about CF and how to combat it.
- Behavioral health nurses may be particularly susceptible.^{6 7 8}

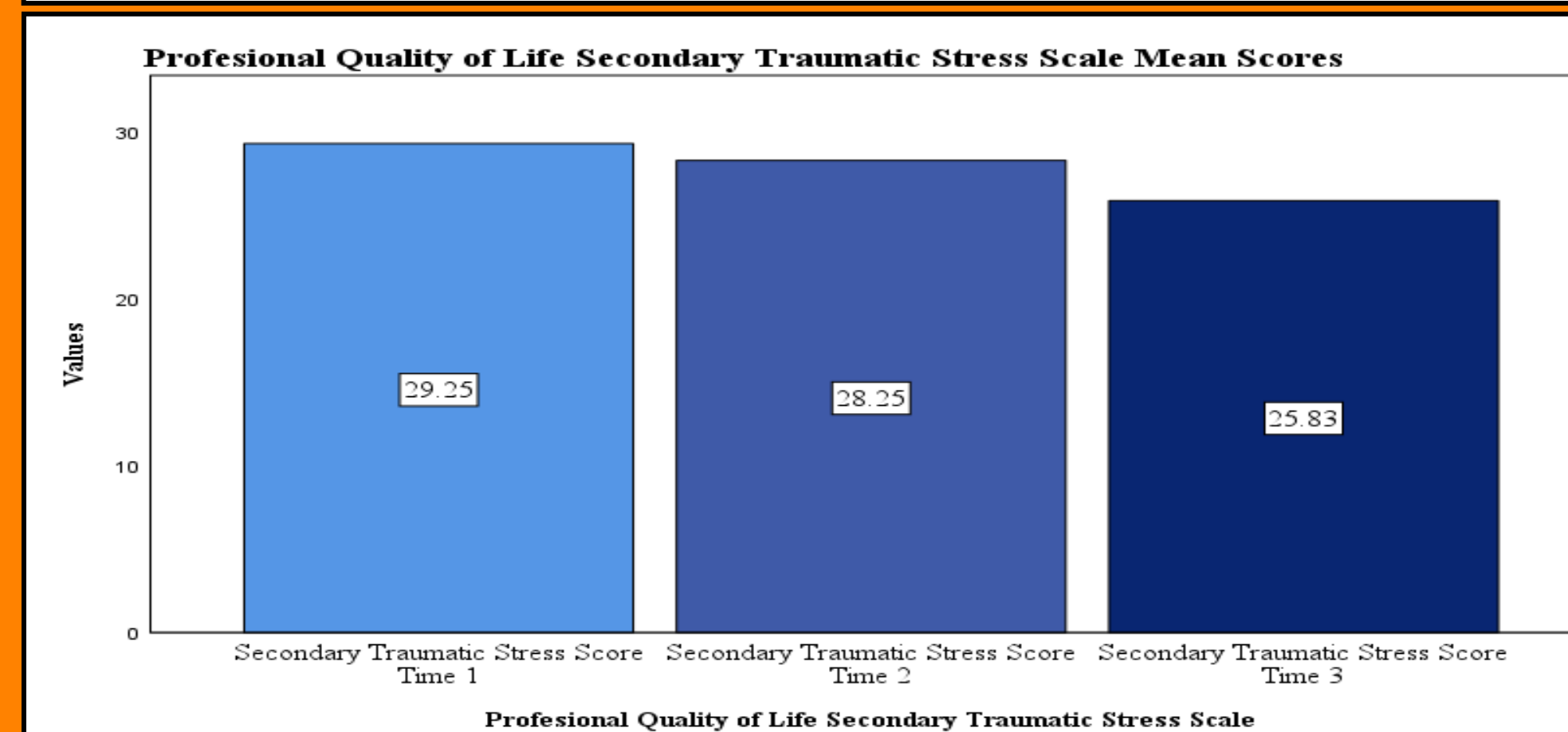
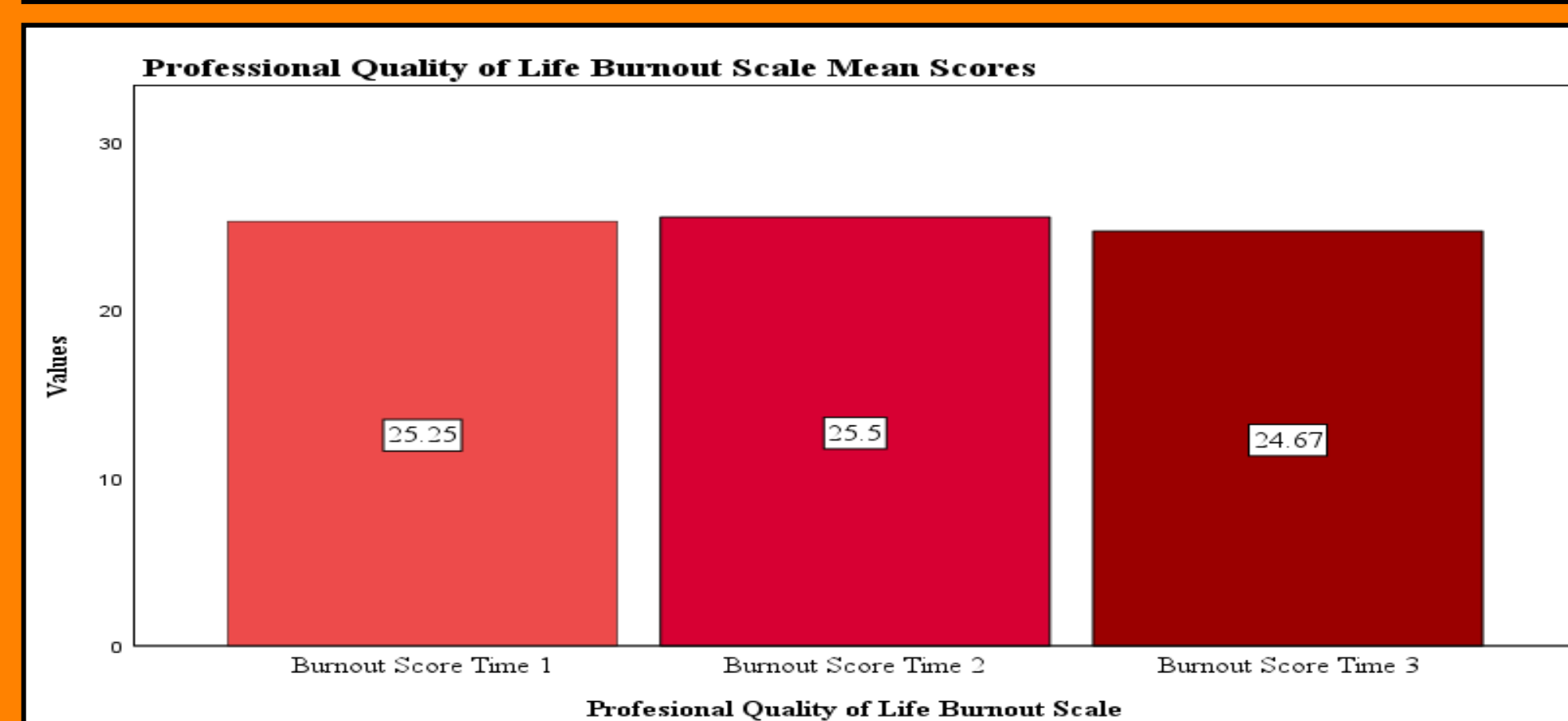
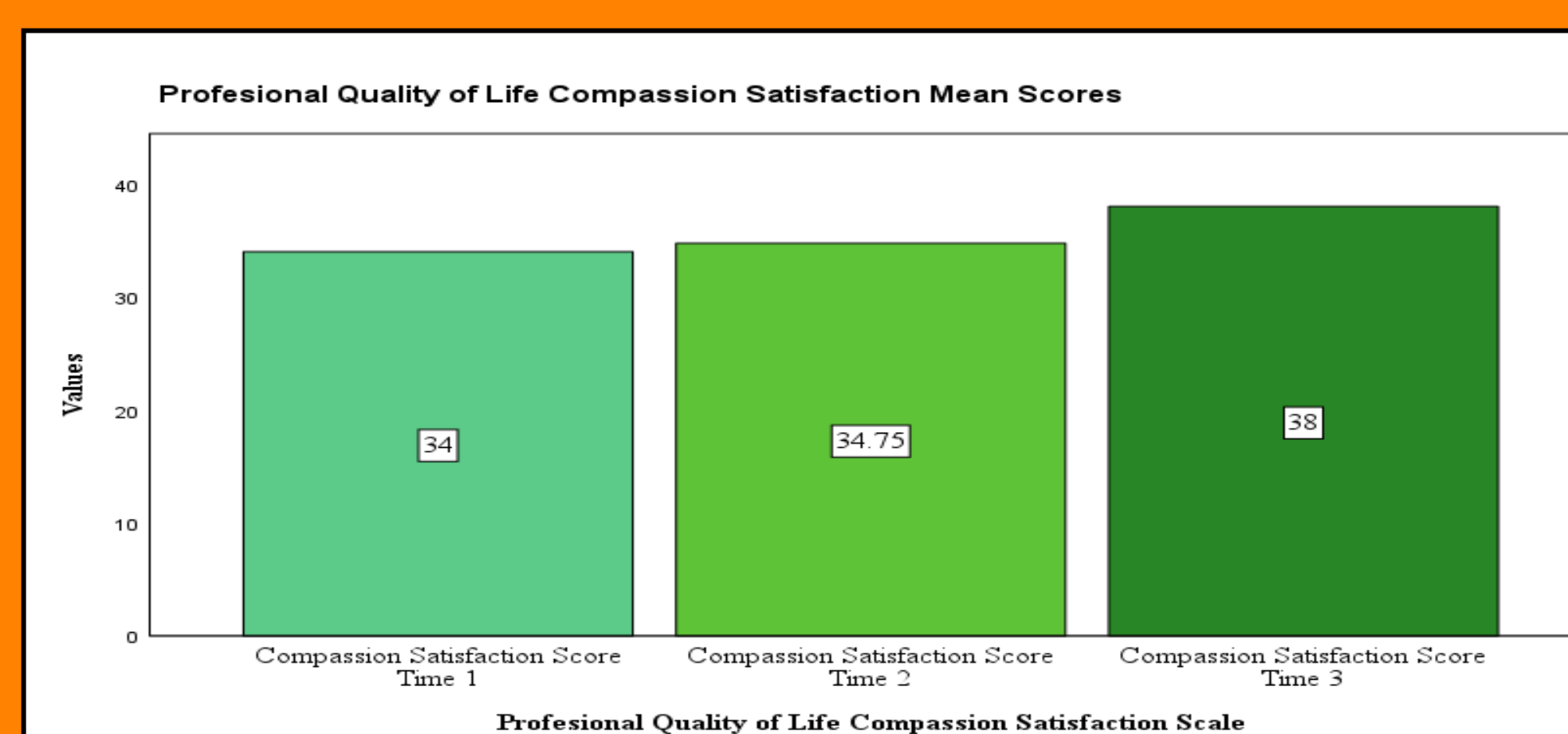
LOCAL PROBLEM

- Project site:
 - acute care psychiatric hospital
 - high risk of CF among PMH nurses, therefore, hypothetically true for this facility
 - children, adolescents, & adults
 - 93 staffed beds, ~ 50 nurses employed, ~ 7-10 per shift
- Problem statement: In psychiatric mental health (PMH) nurses, how does a CF workshop affect the nurses' perceptions of compassion satisfaction, burnout, and secondary traumatic stress?

METHODS

- The Practice question, Evidence, and Translation (PET) project management guide of the Johns Hopkins Nursing Evidence-Based Practice (JHNEBP) model provided the guidance and structure of the project development.⁹
- Literature search and critical appraisal demonstrated that there is good and consistent evidence to implement a CF workshop for PMH nurses and to use the Professional Quality of Life (ProQOL) tool for assessment.
- There is also strong, compelling evidence to suggest that including self-care techniques in the intervention will increase nurse resilience.

Psychiatric-mental health nurses at risk of *compassion fatigue* had positive, clinically significant results after participation in a compassion fatigue workshop.



INTERVENTIONS

- Participants accessed the ProQOL survey through Qualtrics.
- After answering the questions, participants started a 30-minute video:
 - What is CF and how does it affect us?
 - How many of us experience CF?
 - Learn techniques and resources for combatting CF.
- After viewing the video, participants immediately re-take the ProQOL survey, then again at two- and four-week intervals.
- The final surveys also ask if participants have been using any of the self-care techniques they learned in the CF video.

RESULTS

- Five participants completed intervention from beginning to the one-month follow-up.
- Statistical analysis:
 - SPSS
 - ANOVA for each category of compassion satisfaction, burnout, and secondary traumatic stress
- No statistical significance, likely due to small sample size.
- Demonstrated clinical significance in improvement in each category: increased compassion satisfaction and decreased burnout & secondary traumatic stress (see graphs in middle).

CONCLUSIONS

- Although the findings may not meet stringent clinical significance, they still possess practical relevance and potential implications for real-world applications.
- Potential benefits for improved nurse, patient, and organizational satisfaction.
- Due to low participation, sustainability at this site may not be currently feasible; however, following the next steps may increase sustainability
- Next steps: explore ways to improve participation, expand to other specialties and occupations.