

# NZNO Library Resource List

## Compassion Fatigue



### Articles

**Barnett, Michael D., Martin, Kelly J & Garza, Caitlin J. (2019, Mar). Satisfaction With Work–Family Balance Mediates the Relationship Between Workplace Social Support and Depression Among Hospice Nurses. *Journal of Nursing Scholarship*, 51(2), 187-194. DOI:10.1111/jnu.12451**

The purpose of this study was to investigate the relationship between social support (from personal and workplace sources) and psychological distress (depression, anxiety, and stress symptoms), as well as to examine the mediating role of satisfaction with work-family balance among hospice nurses

**Brown, Shanon. (2018, Nov/Dec). The Impact of Resiliency on Nurse Burnout: An Integrative Literature Review. *MEDSURG Nursing*. 27(6), 349-378.**

The article looks at a literature review that analyzed the correlation between resiliency and nurse burnout and identified strategies to increase resiliency

**Consedine, Nathan, Prof. & Fernando, Tony, Dr. (2019, Feb). A little thing called compassion fatigue. University of Auckland, Faculty of Medical and Health Sciences.**

Although compassion is central to the practice of good medicine and caring is a major factor in job satisfaction among doctors, there is surprisingly little research on medical compassion. Instead, most research around compassion in medical contexts focuses on instances where compassion is lacking, on compassion fatigue.

Access full article: <https://www.auckland.ac.nz/en/news/2019/02/05/a-little-thing-called-compassion-fatigue.html>

**Delaney, Martin C. (2018). Caring for the caregivers: Evaluation of the effect of an eight-week pilot mindful self-compassion (MSC) training program on nurses' compassion fatigue and resilience. *PLoS ONE*, 13(11). <https://doi.org/10.1371/journal.pone.0207261>**

This research pilot study uses a model that conceptualizes CF as comprising of two main negative aspects secondary traumatic stress and burnout along with the positive aspect of compassion satisfaction which is defined as the fulfilment one gets from being able to do one's work well

**Edwards, Meryn & Anderson, Judith. (2016, Summer). What do you know about compassion fatigue in midwifery? *Australian Midwifery News*, 16(4), 26-28.**

Compassion satisfaction is the positive experience and a sense of achievement in providing effective care and this serves as a major source of motivation to midwives. It is this unique and empathetic relationship between midwife and woman, and the nature of childbearing as a source of trauma, which places the midwife at particular risk of developing compassion fatigue (Leinweber and Rowe, 2010).

**Gonzalez, Talisa C., Burnett, Harvey J. Jr., Helm, Herbert & Edwards, Leiali'i. (2019, Mar). An Examination of Resilience, Compassion Fatigue, Burnout, and Compassion Satisfaction between Men and Women among Trauma Responders. *North American Journal of Psychology*, 21(1), 1-20.**

This study examined how levels of resilience are related to compassion fatigue (CF), burnout (BO) and compassion satisfaction (CS), as well as gender differences among these variables

**Goodwin, Miki (2017). Work/Life Balance. Best Practices in Healthcare Management Begin with Self. *Nursing Economic\$*. 35(3), 152-155.**

The article discusses two cases of healthy nurses who experienced health challenges and explains the importance of the practice of self-care. Topics mentioned include the challenges facing nurses as natural caregivers including compassion fatigue and burnout, some research about the prevalence of cardiovascular disease in women, and the different self-care habits including mindfulness and exercise.

**Henderson, Amanda & Jones, Jenny. (2017). Developing and maintaining compassion fatigue in nursing. *Nursing Standard*, 32(4), 60-69. doi: 10.7748/ns.2017.e10895**

This article aims to support and guide nurses in developing their capacity to be compassionate. It explores concepts related to compassion, including compassion satisfaction, fatigue, literacy and self-compassion, and outlines strategies that nurses can implement to promote compassionate care.

**Hamilton, Suzanne. (2018, Aug). Compassion fatigue: the cost of caring. *Emergency Nurse New Zealand*, 6-7.**

It is worth noting that empathy is the ability to feel the distress experienced by our patients, while compassion is going a step further and attempting to do something to alleviate that distress. This makes sense, but what happens when your emotional fuel tank is drained?

**Henson, J. Sheree. (2017). When Compassion Is Lost. *MEDSURG Nursing*. 26(2), 139-142.**

The article explains the implications of compassion fatigue in the nursing practice. Topics include the difference of compassion fatigue from burnout and secondary traumatic stress disorder, factors that can lead to compassion fatigue such as poor nursing staffing and environments and factors that can improve nurse compassion satisfaction.

**Kelly, Lesly A. (2017). Effect of meaningful recognition on critical care nurses' compassion fatigue. *American Journal of Critical Care*, 26(6), 438-444.**

To examine the effect of meaningful recognition and other predictors on compassion fatigue in a multicenter national sample of critical care nurses. A quantitative, descriptive online survey was completed by 726 intensive care unit nurses in 14 hospitals with an established meaningful recognition program and 410 nurses in 10 hospitals without such a program.

**Kiley, Kimberly A., Sehgal, Ashwini R., Neth, Susan., Dolata, Jacqueline., Pike, Earl., Spilsbury, James C & Albert, Jeffrey M. (2018, Mar). The Effectiveness of Guided Imagery in Treating Compassion Fatigue and Anxiety of Mental Health Workers. *Social Work Research*. 42(1), 33-43.**

Mental health professionals' exposure to clients' traumatic experiences can result in elevated stress, including compassion fatigue and burnout. Experiencing symptoms of these

types of stress can hinder workers' ability to provide effective services. If a tool can reduce these symptoms, there is potential benefit for workers as well as those receiving their services. The purpose of this study was to examine the effects of prerecorded guided imagery (GI) on compassion fatigue and state anxiety.

**Lachman, Vicki D. (2016). Ethics, Law, and Policy. Compassion Fatigue as a Threat to Ethical Practice: Identification, Personal and Workplace Prevention/Management Strategies. *MEDSURG Nursing*. 25(4), 275-278.**

The article discusses compassion fatigue in nurses, and proposed personal and workplace prevention strategies to help nurses remain capable of providing compassion during patient care. Topics covered include the noted distinction between a burnout and a compassion fatigue, the signs and symptoms of compassion fatigue, and the use of the Professional Quality of Life (ProQOL) as a conceptual model of compassion fatigue.

**Lanier, Jan & Brunt, Barbara. (2019, May/Jul). Running on Empty: Compassion Fatigue in Nurses and Non-Professional Caregivers. *ISNA Bulletin*, 45(3), 10-15.**

This independent study has been developed to help nurses better recognize compassion fatigue in nurses and non-professional caregivers and how to manage it.

**Leverence, K. (2015). Become a more resilient nurse. *ONS Voice*, 30(4), 24-28.**

The article focuses on the developing resilience among oncology nurses. It discusses factors in fostering and growing this attitude in the nursing practice such as ability to confront fears, network of social support and mentorship. It also considers the role of resilience in addressing issues confronting nurses such as burnout and compassion fatigue.

**Mattioli, Dana. (2018, Sep/Oct). Focusing on the Caregiver: Compassion Fatigue Awareness and Understanding. *MEDSURG Nursing*. 27(5), 323-327.**

The article discusses some important issues that nurses and caregivers should consider when it comes to compassion fatigue. Compassion fatigue is assumed to accompany another version of fatigue known as burnout. It is said that knowledge of compassion fatigue can boost awareness and lead to better implementation of preventive strategies. Nurses with compassion fatigue frequently suffer from coronary artery disease, hypertension, diabetes, inflammation, and gastrointestinal conditions.

**Mendes, Aysha. (2017). How to address compassion fatigue in the community nurse. *British Journal of Community Nursing*, 22(9), 458-459.**

The article discusses compassion fatigue, self-care and stress-management strategies such as engaging in recreational activities that may help nurses decompress and reduce stress.

**Muthu, Alexandra HR. (2019). Advocating for the advocates, caring for the caregivers: physician health and wellbeing.**

***New Zealand Medical Journal*, 17th May 2019, 132(1495), 7-11.**

Over the past decade there has been burgeoning interest in physician health and wellbeing driven by sobering statistics, including average burnout rates of 50% increasing to 71% in young female specialists, current suicidal ideation of 6% and suicide completion of 3–5 times the rates in the general population.

**Schmidt, Madeline & Haglund, Kristin. (2017). Debrief in Emergency Departments to Improve Compassion Fatigue and Promote Resiliency.**

***Journal of Trauma Nursing*; 24(5), 317-322.**

The purpose of this case study was to describe compassion fatigue using one nurse's experience as an example and to present the process of Personal Reflective Debrief as an intervention to prevent compassion fatigue in emergency department (ED) nurses

**Shattell, Mona & Johnson, Angela. (2018). Mindful Self-Compassion: How it Can Enhance Resilience.**

***Journal of Psychosocial Nursing & Mental Health Services, Thorofare, 56(1), 15-17.***

Ironically, although empathy and compassion are associated with positive patient outcomes, such as reducing anxiety in individuals with breast cancer ( Duarte et al., 2016 ) and improving end-of-life care for Veterans ( Williams, Bailey, Goode, & Burgio, 2016 ), empathy and compassion can put providers at risk for burnout ( Duarte et al., 2016 ) and compassion fatigue ( Raab, 2014 ; Sorenson, Bolick, Wright, & Hamilton, 2016 ) if they are unable to regulate their empathetic feelings ( Duarte et al., 2016 ).

**Smit, Charmaine. (2017). Making Self-Care a Priority: Caring for the Carer.**

***Whitireia Nursing & Health Journal, (24), 29-35.***

The multilayered demand of caring for palliative clients and their families requires that professionals make self-care a priority. A good starting point involves having a self-care plan that addresses individual strengths and challenges, including physical, emotional, cognitive, relational and spiritual.

**Smith-Trudeau, Priscilla. (2019, Jul/Sep). Moving from Compassion Fatigue to Self-Compassion. *Vermont Nurse Connection, 22(3), 1-3.***

Compassion fatigue has been defined as a combination of physical, emotional, and spiritual depletion associated with caring for patients in significant emotional pain and physical distress. Self-compassion, on the other hand, has been shown to be a protective factor for a wide range of well-being indicators and has been associated with compassion for others.

**Strube, Petra; Henderson, Amanda; Mitchell, Marion Lucy; Jones, Jenny & Winch, Sarah. (2018). The Role of the Nurse Educator in Sustaining Compassion in the Workplace: A Case Study From an Intensive Care Unit.**

***The Journal of Continuing Education in Nursing, 49(5), 221-224.***

Compassion fatigue is caused by sustained exposure to situations that conflict with one's values and beliefs in the ICU, eroding clinical team relationships and ultimately the quality and safety of patient care.

**Wakefield, Erin (2018, Winter). Compassion fatigue in the perioperative environment.**

***ACORN: The Journal of Perioperative Nursing in Australia, 31(2), 21-24.***

Compassion fatigue (CF) is an important issue for nursing professionals today because 'caring and compassion, which provide nurses with satisfaction and fulfilment in patient care, can contribute to the exhaustion of those emotions and lead to compassion fatigue'

**Wahlberg, Lara; Nirenberg, Anita & Capezuti, Elizabeth (2016). Distress and Coping Self-Efficacy in Inpatient Oncology Nurses. *Oncology Nursing Forum. 43(6), 738-746.***

Examines distress and coping self-efficacy in inpatient oncology nurses.

**Wentzel, Dorien & Brysiewicz, Petra. (2017). Integrative review of facility interventions to manage compassion fatigue in oncology nurses. *Oncology Nursing Forum, 44(3), E124-E140. doi: 10.1188/17.ONF.E124-E140***

Oncology nurses are regularly exposed to high-stress situations that may lead to compassion fatigue, and many institutions have implemented interventions to reduce burnout in nurses, but knowledge on the feasibility, effectiveness, and nurses' experience of interventions is lacking.

## **Online Resources**

### **The American Institute of Stress**

Compassion fatigue

<https://www.stress.org/military/for-practitionersleaders/compassion-fatigue>

### **Compassion Fatigue Awareness Project**

CFAP is committed to gathering, documenting, and disseminating useful information that can be readily introduced into care giving environments in order to impact the lives of caregivers in a positive way.

<http://www.compassionfatigue.org/>

### **Compassion Fatigue: Tips for Coping**

By Jannise T. Baclig, PhD, RN, Clinical Content Director, AMN Healthcare

<https://www.rn.com/compassion-fatigue-tips-for-coping/>

### **Empathy Is More Than “I Hear You”**

Posted Aug 02, 2018

There is no one place in the brain where empathy happens.

<https://www.psychologytoday.com/intl/blog/social-empathy/201808/empathy-is-more-i-hear-you>

### **What Is Compassion Fatigue?**

Those whose work involves [prolonged exposure](#) to other people's [trauma](#) can be vulnerable to compassion fatigue, also known as secondary or vicarious trauma, and can experience acute symptoms that put their physical and mental health at risk and make them warier of giving of themselves

<https://www.psychologytoday.com/intl/basics/compassion-fatigue>

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