

# Compassion in the Emergency Department Nurse.

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# Compassion in the Emergency Department Nurse

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## Introduction

- Compassion satisfaction can be defined as the ability to receive gratification from caring for acutely ill or traumatized individuals and balancing out any negative aspects related to their care.
- Compassion fatigue is a specific type of burnout related to individuals who care for traumatic patients. According to Stamm, compassion fatigue is, “the natural, predictable, treatable, and preventable unwanted consequence of working with suffering people.
- Emergency nurses are at an increased risk of experience compassion fatigue related to caring for critically ill patients which may result an increased number of mistakes, changes in personality, sleep disturbances, decline in health, and avoidance (Flarity, Gentry, Mesnikoff, 2013; Hooper, Craig, Janvrin, Wetsel, Reimels, 2010).

## PICO

•In the emergency department nurse, does utilization of the Professional Quality of Life survey (ProQOL) assist in identifying factors related to compassion satisfaction and compassion fatigue to provide data to the ED nurse retention committee.

## Process & Implementation

- A literature search was performed using cinhal, and Google scholar, by searching “Nursing Burnout”, “Compassion Fatigue,” “Emergency department,” “Compassion assessment tools,” and “Compassion satisfaction.”
- Utilize ProQOL survey and demographic questionnaire through individual handout and collection. Permission granted to reproduce and distribute by ProQOL.org ([http://www.proqol.org/Home\\_Page.php](http://www.proqol.org/Home_Page.php)).
- Validate results from the surveys identifying presence of compassion satisfaction and fatigue via ProQOL, noting optional survey of gender, level of education, number of years worked, and age.
- Provide results to appropriate ED nursing representative.

## Evidence

- In a study done by Hooper, Craig, Janvrin, Wetsel, and Reimels (2010) found that nearly 86% of emergency nurses had moderate to high levels of compassion fatigue (CF) related to their work.
- A study performed by Flarity, Gentry, and Mesnikoff (2013) utilized a multifaceted education program that resulted in a statistically significant increase in compassion satisfaction and a decrease in burnout symptoms.
- Sacco, Ciurzynski, Harvey, and Ingersoll (2015) used the ProQOL instrument to survey 221 critical care nurses and found average ranges in all three aspects of the instrument including, compassion satisfaction, compassion fatigue, and burnout.

## Outcomes

- Survey currently underway, results to be determined.

## Next Steps

- Once results are gathered through survey, provide significant data to appropriate ED nursing representative.
- Assist in determining strategies in order to decrease compassion fatigue and increase compassion satisfaction.

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