Combating Compassion Fatigue by Creating Moments That Matter

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Compassion Fatigue occurs when an individual is unable to rescue or save someone from harm; resulting in guilt and distress. Cancer care practitioners tend to empathize with their patients’ losses, prompting personal feelings of futility or failure. Understanding compassion fatigue and devising and implementing interventions to address this subject are important for nurses and patients.

Creating Moments of Connection
- Identifying with patients allows nurses to glean motivation and energy to provide exceptional care
- Place a journal at the patient’s bedside and encourage all staff to write memories of their relationship and interactions.

Making Moments Matter
- Value opportunities to establish meaningful relationships to avoid compassion fatigue
- Fully appreciate significant moments of the nurse-patient relationship.

Energizing Moments
- Positive responses in difficult circumstances prompt better outcomes
- Cannot always control the environment – CAN control how you respond to the circumstance.

Sustaining a Patient-Assistance Care Fund
1. Annual Art Sale – framed photography by talented staff members
2. ID badge holders – made from recycled medication bottle caps

Additional Uses of Fund Donations
- Ambulance transfers from the acute care setting to hospice
- Medications
- Patient and family birthday and anniversary parties and presents
- Prayer crystals
- Patient and family wedding receptions and gifts
- Inspirational jewelry and display items
- Build-A-Bears®
- Wigs and scarves

Outcomes
- Increased Patient Satisfaction
- Increased Job Engagement
- Decreased Compassion Fatigue

References:

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