

Joint Event

Public Health, Women's Health, Nursing and Hospital Management

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Combatting compassion fatigue: the care professionals resilience program

Articulated as the cost of caring for clients that have experienced trauma (Figley, 1995), the phenomenon of compassion fatigue (CF) also known as secondary traumatic stress (STS), is presented from a study of empirical research relating to CF among care professionals. The research uncovered, the symptoms, prevalence, risk factors and best practice interventions identified to alleviate individual experiences and symptoms of CF. Populations explored include; nursing, counselling, social work, hospice care, residential care, mental health and military health care professionals. The research informed the development of an evidence based program, combatting compassion fatigue; the care professionals resilience program. The program incorporates a combination of best practice interventions to educate, develop self-care, and develop emotional intelligence and problem solving capability to foster resilience, reduce the risk and alleviate experiences of CF. An independent pilot study of the program facilitated using the Eagala Model, occurred with a purposeful sample of 10 community care professionals (GCM) working in residential care facilities in northern new south wales who self-nominated to participate in the program. Pre and post assessment occurred using the professional quality of life (ProQOL) scale (Stamm, 2010), as a screening tool and the Genos emotional intelligence self-test (Genos, 2015) to understand emotional intelligence factors. An analysis of the variance between the pre and post tests revealed ProQOL scores for compassion fatigue and burnout decreased whilst compassion satisfaction scores increased. Genos emotional intelligence analysis found a statistically significant difference (p=0.001).

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