Section III: The Nurse: Prevention of Compassion Fatigue

Nurses witness:
• Medical futility
  – Prolongation of suffering
  – Denial of palliative care services

Nurses experience:
• Moral distress

Ferrell, 2006

Cumulative Loss

Community Fairness Values

Vachon, 2011

Workload Control Reward
Stages of Adaptation

- Nurses new to working with the dying need to emotionally & spiritually adapt
- Stages of adaptation
  - Intellectualization
  - Emotional survival
  - Depression
  - Emotional arrival
  - Deep compassion
  - The “doer”

Factors Influencing the Nurse’s Adaptation

- Professional education
- Personal death history
- Life changes
- Support systems

Systems of Support

- Finding meaning in your work
- Balance
- Assessing support systems
- Spiritual support
- Education in end-of-life care
- Self care strategies
Promoting Excellent Self-Care

![Bar Graph]

Malloy et al., 2013

### Conclusion

- Nursing care does not end with the death of a patient
- Nurses must recognize and respond to their own grief
- Provide interdisciplinary care