Programs that Can Support Nurses to Reduce Compassion Fatigue and Secondary Traumatic Stress: An Integrative Literature Review

Molly Gruettner
mmgruettner@gmail.com

Follow this and additional works at: https://via.library.depaul.edu/nursing-colloquium

Part of the Critical Care Nursing Commons, Maternal, Child Health and Neonatal Nursing Commons, Nursing Administration Commons, and the Other Nursing Commons

Gruettner, Molly, "Programs that Can Support Nurses to Reduce Compassion Fatigue and Secondary Traumatic Stress: An Integrative Literature Review" (2017). Grace Peterson Nursing Research Colloquium. 23.
https://via.library.depaul.edu/nursing-colloquium/2017/Summer_2017/23

This Event is brought to you for free and open access by the School of Nursing at Digital Commons@DePaul. It has been accepted for inclusion in Grace Peterson Nursing Research Colloquium by an authorized administrator of Digital Commons@DePaul. For more information, please contact digitalservices@depaul.edu.
Four reasons why compassion fatigue must be recognized:
1. It is emotionally overwhelming.
2. The personality of the caregiver leads them to it.
3. There are unavoidable outside stressors.
4. Impossible to recognize unless you are aware of it.

Secondary Traumatic Stress (STS) the natural behaviors and emotions that occur after learning about another person’s traumatic event. It is the stress that results from helping a traumatized or suffering patient.

Trauma nurses are at greatest risk for compassion fatigue and STS due to putting the needs of their patients before their own.