Use of Mind-Body Exercise Performed by Nurses to Effectively Decrease Compassion Fatigue: An Integrative Literature Review

Carly Grimes
carlyjomurphy@gmail.com

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

Part of the Nursing Commons


This Event is brought to you for free and open access by the School of Nursing at Via Sapientiae. It has been accepted for inclusion in Grace Peterson Nursing Research Colloquium by an authorized administrator of Via Sapientiae. For more information, please contact digitalservices@depaul.edu.
THE IMPACT OF MIND-BODY INTERVENTIONS TO REDUCE COMPASSION FATIGUE IN NURSING
Carly Grimes, DePaul School of Nursing

BACKGROUND & SIGNIFICANCE

- Compassion fatigue is the emotional, physical, or mental exhaustion experienced by a care provider resulting from helping a traumatized or suffering person

- Compassion fatigue has a prevalence ranging from 16-39% among registered nurses

- Work related stress is thought to be related to: absenteeism, turnover, direct medical costs, legal costs and accidents and the total cost to U.S. businesses could be as high as $300 billion

- Physical and emotional impact of maladaptive stress responses on a nurse:
  - Impaired digestive function
  - Impaired immune response/delayed healing
  - Cardiovascular disease
  - Psychiatric disorders
  - Social disorders
  - Sleep disturbances

CONCEPTUAL MODEL

SUMMARY OF EVIDENCE

- Significant common findings among nurses with an increased risk for compassion fatigue:
  - Younger nurses (21-33 years old)
  - Nurses with more years of experience in current position
  - Nurses who reported poor co-worker relations
  - Nurses who worked in facilities that lack meaningful recognition

- Results from studies may suggest that nursing specialty does not have a significant impact on a nurse’s compassion fatigue and burnout.

RESEARCH QUESTIONS

- How does compassion fatigue impact nurses in various specialties?
- How does nursing compassion fatigue impact the quality of patient care?
- How does compassion fatigue impact the health of afflicted nurses?
- What are the health benefits of mind-body exercises for nurses?

PERCEIVED SELF-EFFICACY

- Definition: an individual's ability to recognize barriers to action and to overcome those barriers and execute a health promoting behavior.
- A common barrier among participants in studies is lack of self-awareness or mindfulness.
- Nurses tend to focus on caring for their patients and can overlook or fail to recognize their own needs.
- Use of Professional Quality of Life Scale to raise self-awareness

BEHAVIORAL OUTCOME

- Increase in satisfaction with life, mindfulness, and self-compassion and a decrease in compassion fatigue, burnout, and stress.
- Increased feelings of wellbeing and relaxation

LIMITATIONS

- Small sample size
- Limited data on long-term effects

METHODS

- Integrative literature review
- Utilized DePaul's online library database
- Key search terms and phrases:
  - "Compassion fatigue"
  - "Nursing"
  - "Mindfulness"
- Search produced 168 peer reviewed articles
- Data analysis: Chart matrix

DIRECTION FOR FUTURE RESEARCH

- Tailor MBSR intervention to best suit a nurse’s schedule
- Utilizing technology/alternate delivery methods
- Uncover which aspects of MBSR intervention are most effective
- Determine appropriate audience for targeted intervention to maximize benefits
- Research long-term effects of MBSR intervention