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

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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.

Nurse managers and leaders should be aware of the symptoms of compassion fatigue and STS on their unit to decrease turnover rates and increase work satisfaction. It is also important for these leaders to be conscious of the variety of causes of, prevention of, and intervention for compassion fatigue and STS.