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

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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

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

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?

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.

BARRIERS TO ACTION
- Time constraints and competing demands were mentioned as perceived barriers to action
- Use of telephonic sessions and smartphone delivered sessions have demonstrated effectiveness

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