IMPACT OF CAREGIVING ON YOU

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INTEGRATING KNOWLEDGE AND CARE

- Nurses must find their calling in nursing
- Nurses must find that place where your personal values connect with the care of your patients

This is where the **passion**
**energy**
**engagement**
comes from!

What are you passionate about?
What keeps you coming back?
BE AWARE OF COMPASSION FATIGUE

What it is, Who it Affects, and the Use of Integrative and Healing Arts to Minimize Symptoms
COMPASSION SATISFACTION

“Compassion satisfaction is about the pleasure you derive from being able to do your work well.

- feel like it is a pleasure to help others
- feel positively about your colleagues
- feel great about your contribution to the work setting or even the greater good of society.”

(Hudnall-Stamm, p. 12, 2010)
COMPASSION FATIGUE
“Compassion fatigue breaks into two parts.
1. The first part concerns things such as exhaustion, frustration, anger and depression typical of burnout.
2. Secondary Traumatic Stress is a negative feeling driven by fear and work-related trauma. It is important to remember that some trauma at work can be direct (primary) trauma.
   - Work-related trauma can be a combination of both primary and secondary trauma.”  (Hudnall-Stamm, p. 12, 2010)
RELATIONSHIP OF KEY CONCEPTS

Professional Quality of Life

Compassion Fatigue

Compassion Satisfaction

Burnout

Secondary Trauma

(Adapted from Hudnall-Stamm, p. 8, 2010)
SIGNS YOU MAY BE EXPERIENCING COMPASSION FATIGUE

- Blaming others
- Bottled up emotions
- Isolating yourself
- Others complain about you
- Substance abuse
- You are often complaining about leadership
- Changes in hygiene/appearance
- Legal/financial problems
- Compulsions (gambling, eating, spending, sex)
- Nightmares/flashbacks
- Chronic health problems
- Sadness and/or apathy
- Always feeling tired
- Trouble concentrating
- Denial about problems

(Compassion Fatigue Awareness Project, 2012)
Oncology nurses consistently rank highest in compassion fatigue and burnout when compared to nurses in other specialties, likely due to the frequent emotional trauma they experience caring for critically and terminally ill patients with whom they have developed strong relationships.

(Wenzel, Shaha, Klimmek, Krumm, 2011; Hooper, Craig, Janvrin, Wetsel, & Reimels, 2010).
Or experience any other symptoms of compassion fatigue?

Looking back, can you identify anytime you may have been suffering from compassion fatigue and not realized it?
FIND WAYS TO CARE FOR YOURSELF FOR OPTIMAL PATIENT CARE

Body

Emotions

Mind

Spirit

Work

Relationships
A holistic grouping of modalities (treatments or activities) that encourage holistic well-being while focusing on the mind, body, and spirit that can be utilized by everyone, including patients and health care providers.
PURPOSES OF USING IHAS

- Reduction or prevention of compassion fatigue
- Disease prevention
- Symptom relief (nausea, pain, anxiety, high blood pressure, swelling, etc.)
- Stress reduction
- Reduction or elimination of side effects of diseases or treatments
- Essentially to heal the WHOLE person
WHAT IS BEING DONE AROUND THE COUNTRY FOR ONCOLOGY NURSES?

- Music therapy
- Art therapy
- Aromatherapy
- Reiki
- Meditation
- Positive journaling
- Yoga/tai chi
- Massage therapy
- Writing therapy

- Self-care teaching
- Pet therapy
- Guided imagery
- Use of meditation or renewal rooms
- Finding ways to celebrate what we do everyday

(Achenbach, 2010; Aycock & Boyle, 2009; Edmonds, Lockwood, Bezjak, & Nyhof-Young, 2011)
TODAY
LET'S TRY
WRITING

jazzwritesandsingsforyou.com
**Definition**
- an unrhymed verse form of Japanese origin
- three lines containing usually five, seven, and five syllables respectively
- Encourages the suggestion of a bigger thought or idea, in as few words as possible

**History**
- Originated in the 1700s
Example Haiku by Oncology RNS

Into work I go
pumps beeping, patients dying
tears flow though I smile.

Another headache,
many tasks will fill the day,
take comfort in home.

Big strong man he was
chemo, two transplants, loose stools
now he lies on the floor.
How do you balance professional responsibility and personal emotion with each patient?

Think of examples where you put this to the test.


