

Judith Boyle

Abstract

Objective

Provide effective resiliency training to emergency nurses

Background

Compassion fatigue(CF) is a worldwide phenomenon. All nurses are at risk for CF, but emergency nurses are particularly at risk because they work in intense, fast-paced environments where they see little reward and few results. Articles which describe evidence-based CF prevention and treatment interventions are sparse.

Methods

Levels of compassion satisfaction, burnout, secondary traumatic stress (CF) and resiliency were measured using the Professional Quality of Life survey and Connor-Davidson Resiliency scale using a pre-posttest design. Participants received a multi-faceted educational program intervention

Data/Results

The pre-test revealed average levels of compassion satisfaction and CF. Resiliency levels were in the lowest national quartile.

Conclusion

Levels of compassion satisfaction and CF mimic those found in the literature. Resiliency levels are surprisingly low. Participants evaluated the educational sessions as very good-excellent, commenting that the training was valuable. All nurses can benefit from resiliency training.