

Abstract

Background and Purpose: Pediatric hematology, oncology, bone marrow transplant (PHO) health care providers (HCPs) are at high risk of developing compassion fatigue (CF) due to their patient population. CF leads to physical and psychological issues which ultimately lead to impacts on patient care including absenteeism, tardiness, and providers leaving the profession. This quality improvement project aimed to decrease CF among a group of PHO HCPs within a pediatric hospital in the Southeast United States.

Methods: This project utilized a pretest/posttest design comparing CF at baseline and following the intervention. PHO nurse practitioners, physicians, physician assistants, and nurses who spend greater than 25% of their time in clinical care were eligible to participate. The intervention was a series of four department specific Schwartz Rounds with educational brochures regarding CF handed out. Pre- and post-Professional Quality of Life V (ProQOL) questionnaires were completed by eligible participants to evaluate changes in CF. Additionally, participants were asked to complete Schwartz evaluation forms following each session to evaluate perceived changes in stress and willingness to attend future sessions. The questionnaire is a validated survey with subscales in compassion satisfaction, burnout, and secondary traumatic stress. **Results:** The three components of the ProQOL did not show statistically significant differences. Most participants did report feeling better prepared to handle tough patient situations and feeling less isolated. Most participants report they would attend future sessions. **Conclusions:** This project showed that department-specific Schwartz Rounds do better prepare HCPs for difficult patient situations, are well liked, and decrease isolation. Over time and with more sessions, this may promote decreases in CF and burnout. **Implications:** Schwartz Rounds can be implemented to help improve the well-being of PHO HCPs. Staff would likely benefit from additional efforts to decrease burnout and CF.

Keywords: pediatric hematology/oncology/bone marrow transplant, compassion fatigue, burnout, healthcare providers