

# Combating Compassion Fatigue in Oncology Nurses with a Mindful Self-Compassion Practice Intervention

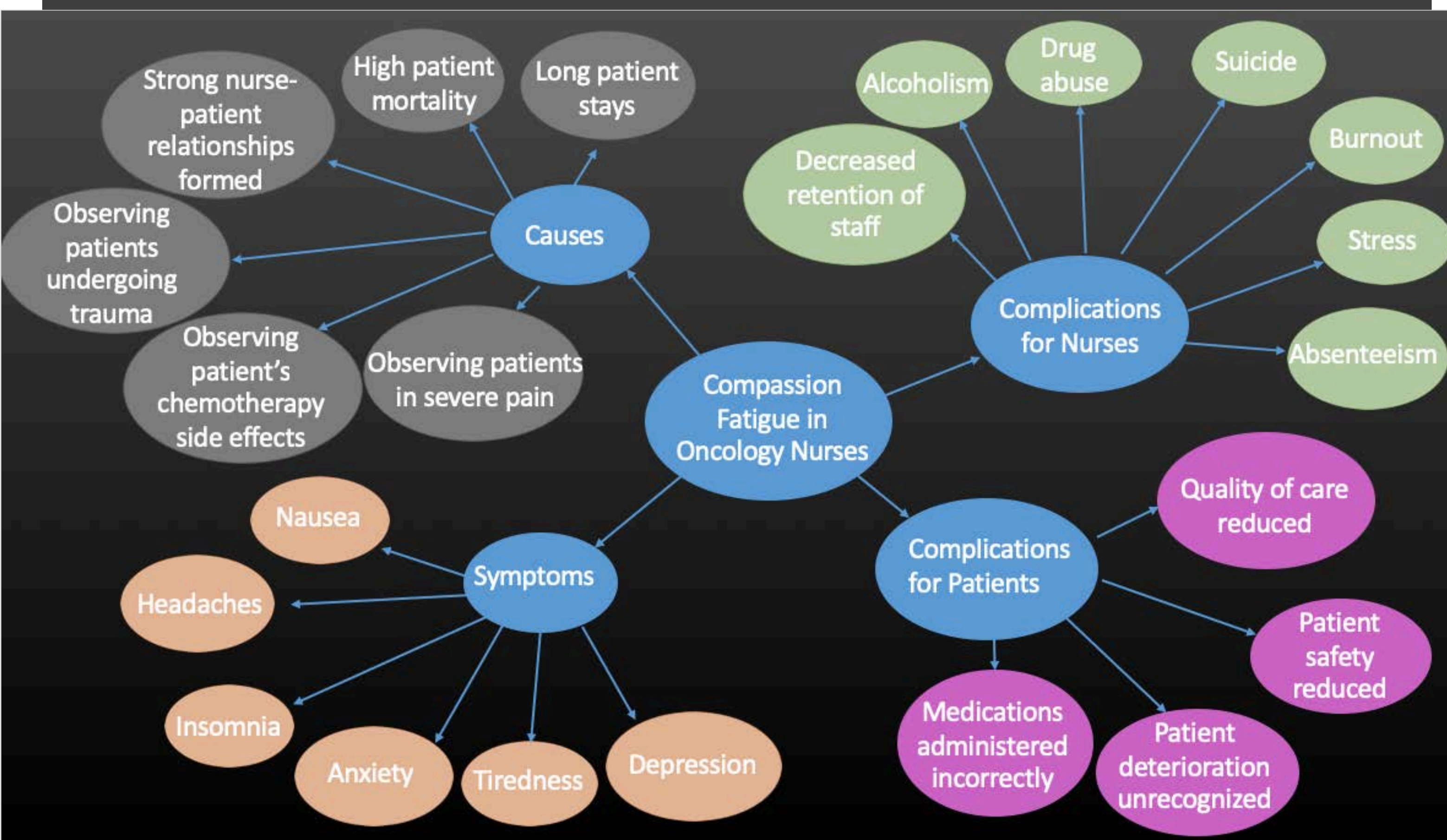
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## Background



## Purpose and Aims

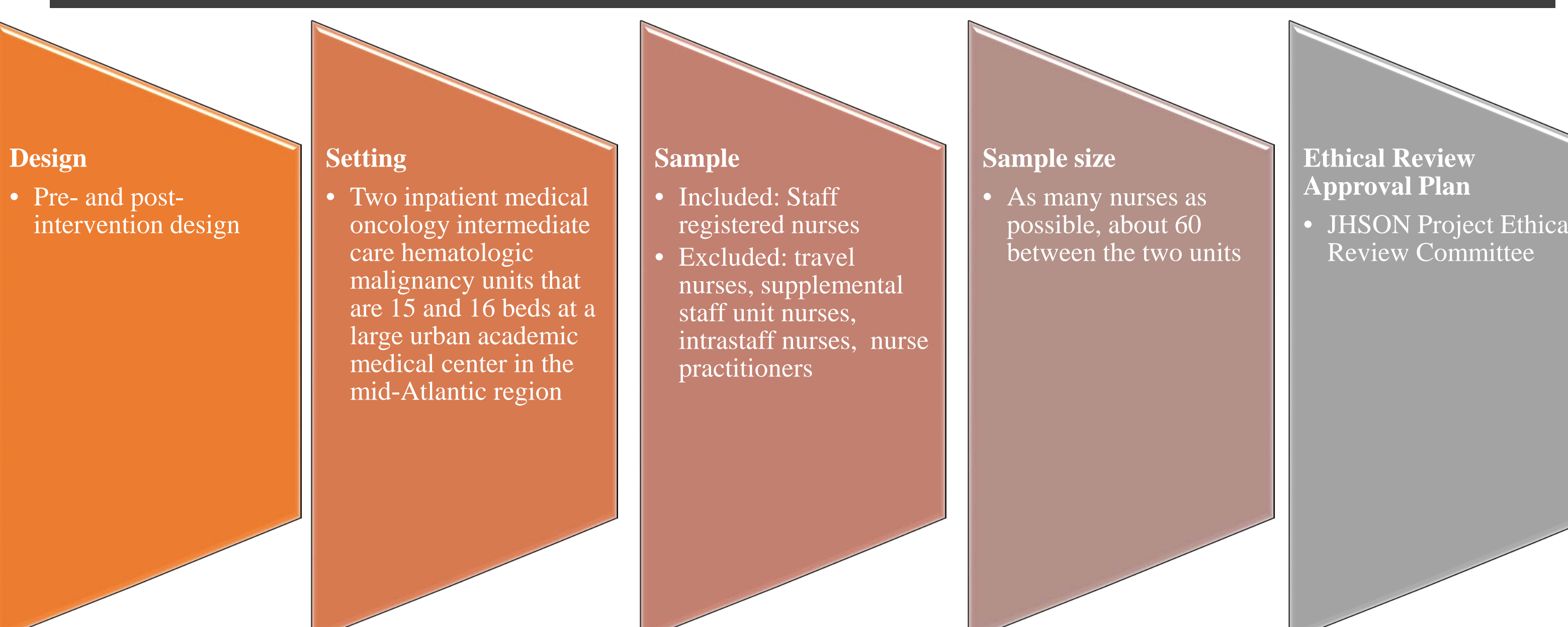
### Purpose:

- The purpose of this DNP Scholarly Project was to reduce the presence of compassion fatigue and increase levels of self-compassion among medical-oncology intermediate care nurses.

### Aims:

- Successful implementation of mindful self-compassion practices over a 6-week period that result in a decreased level of compassion fatigue as measured by the Professional Quality of Life (ProQOL) 21 post intervention.
- Successful implementation of mindful self-compassion practices over a 6-week period that result in an increased level of self-compassion as measured by the Self-Compassion Scale post intervention.

## Methods



## Intervention

- A literature review found that mindfulness interventions can decrease compassion fatigue<sup>1,2,4,5</sup>
- 5 minute mindful self-compassion practices were identified as the intervention for this project
- Research shows that brief, online mind-body skills for health professionals are both feasible and effective, especially training which increases feelings of well-being and compassion<sup>6</sup>.
- A study done with PICU nurses showed that 5 minute meditations were feasible and efficacious<sup>3</sup>.
- 3 parts
  - Pre-intervention period – collect baseline compassion fatigue and self-compassion levels, demographic information
  - Intervention period – mindful self-compassion practices available to all staff for 6 weeks
  - Post-intervention period – collect post-intervention compassion fatigue and self-compassion levels

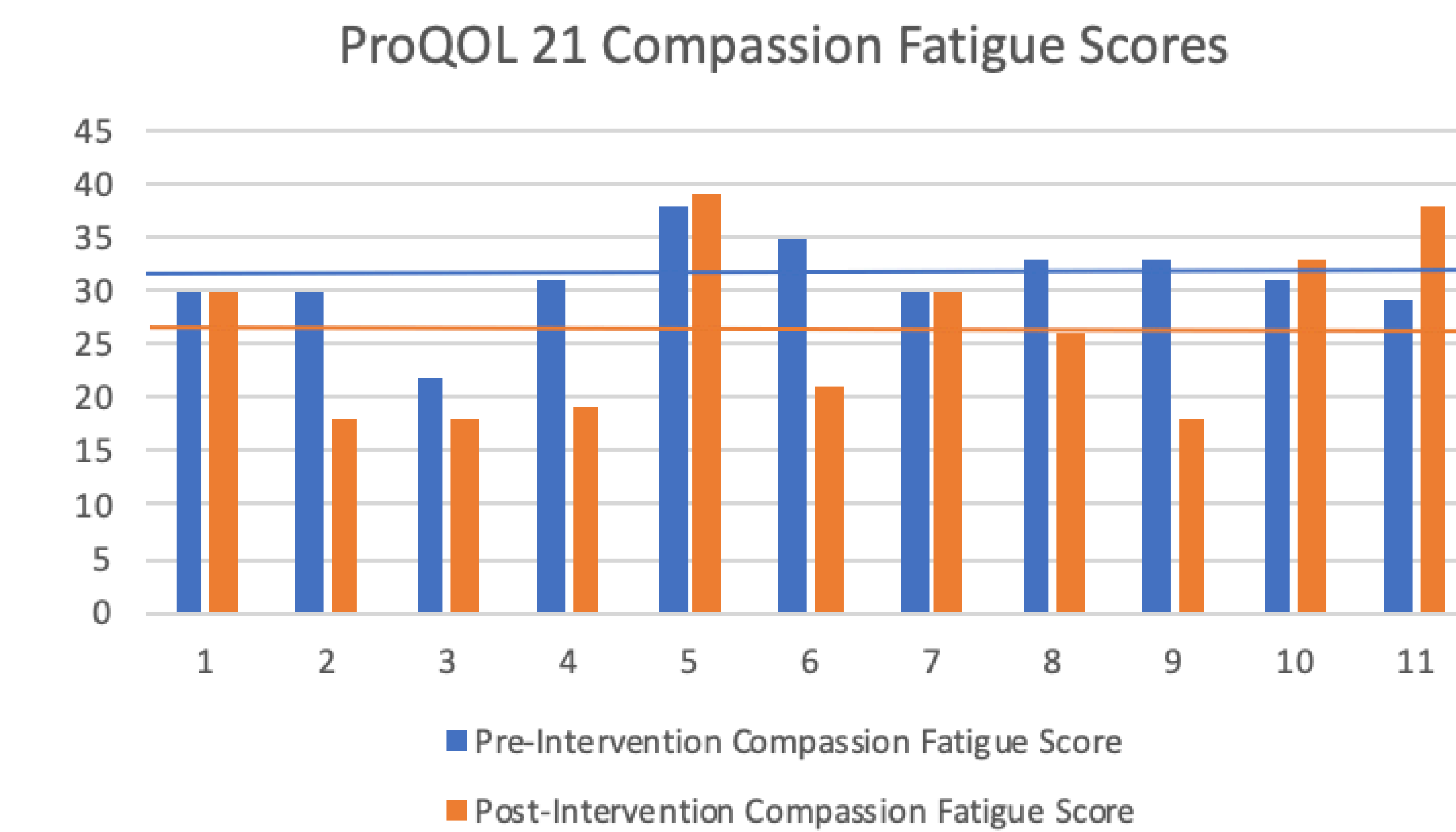
## Sample Characteristics

Demographic Characteristics	N = 11
Age	
20-30 years	5 (45.5%)
31-40 years	3 (27.3%)
41-50 years	3 (27.3%)
Gender Identity	
Female	11 (100.0%)
Race	
White	10 (90.9%)
Asian or Pacific Islander	1 (9.1%)
Average Hours Worked Per Week	
36-40 hours	10 (90.9%)
<20 hours	1 (9.1%)
Years of Nursing Experience	
0-2 years	3 (27.3%)
3-5 years	2 (18.2%)
6-10 years	1 (9.1%)
>10 years	5 (45.5%)
Years of Oncology Experience	
0-2 years	3 (27.3%)
3-5 years	2 (18.2%)
6-10 years	1 (9.1%)
>10 years	5 (45.5%)
Mindfulness Practice Frequency Preintervention	
Never	8 (72.7%)
1-3 times per week	2 (18.2%)
4-7 times per week	1 (9.1%)
Mindfulness Practice Frequency During Intervention Period	
<1 times per week	7 (63.6%)
1-2 times per week	4 (36.4%)

## Number of times each user participated in practices during 6-week intervention period (self-recorded)

Username	Number of times participated in mindful self-compassion practices in 6 week intervention period
Mint940	2
Cookiesandream213	6
Cookiesdough304	10
Coffee522	0
Cookiesandream1223	5
Strawberry67	0
Pluifood841	2
Chocolate1719	2
Chocolate3708	2
RainbowSherbert1000	0
Cookiesandream8257	2

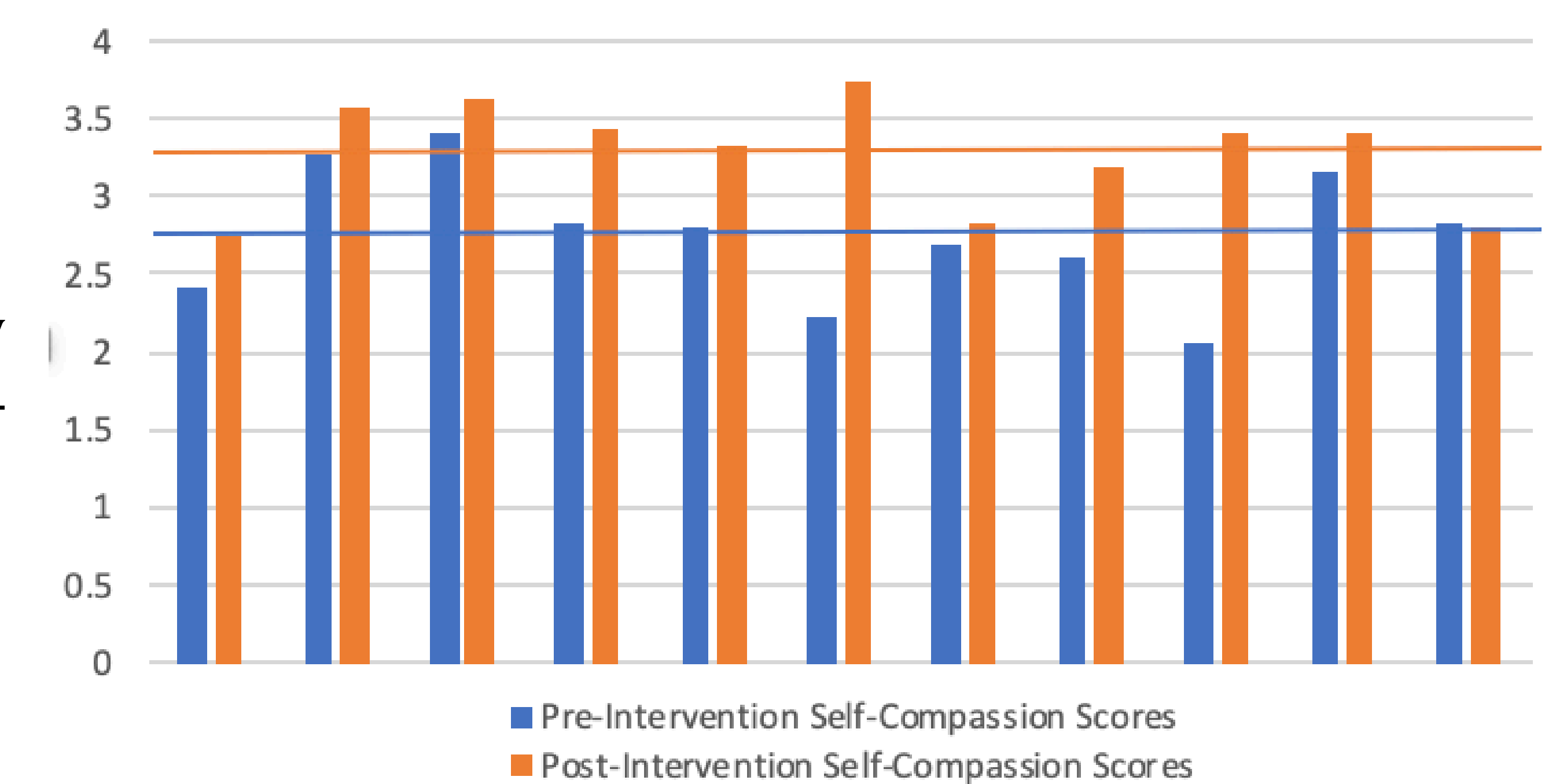
## Results



- Pre-Intervention mean score = 31.10 (SD = 4.01)
- Post-Intervention mean score = 26.36 (SD = 8.12)
- A Wilcoxon Signed Rank Test revealed a statistically non-significant reduction in compassion fatigue following participation in the intervention, n = 11, p > 0.05.

- Pre-Intervention mean score = 2.75 (SD = 0.42)
- Post-Intervention mean score = 3.28 (SD = 0.34)
- A Wilcoxon Signed Rank Test revealed a statistically significant increase in self-compassion following participation in the intervention, n = 11, p < 0.05.

## Self-Compassion Scale Scores



## Discussion and Conclusions

**Discussion:** Following a 6-week mindful self-compassion practice intervention, a statistically significant increase in self-compassion and statistically non-significant decrease in compassion fatigue was found in the 11 nurses who completed both the pre and post intervention survey that were included in the data analyses. These findings are consistent with previous studies which showed that mindfulness interventions can decrease compassion fatigue<sup>1,2,4,5</sup> and increase self-compassion<sup>1,7,6</sup>. Having a decrease in compassion fatigue, even if not statistically significant, is still clinically significant because compassion fatigue can cause problems for nurses, patients and organizations.

**Limitations:** Covid19 pandemic, small sample size, unsure how accurate self-reporting of mindful self-compassion practice use was

**Strengths:** Mindful self-compassion practices were provided at no cost, sustainable implementation which can be done anywhere, buy in with unit management and nurses on unit

**Conclusions:** Hospital management should encourage and provide time for their employees to participate in mindful self-compassion practices

## References

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