What is meant by caregiver stress/burden You may be surprised by some of the findings. Often the
caregiver may be the unidentified patient. Women are more at risk of developing health issues related to
the detrimental effects of caregiver stress/burden. The caregiver and the person receiving care may
experience similar stressors leading to many of the same feelings of anxiety, depression, anger, and guilt
over their feelings, to name a few.

Nurses and professional caregivers are prone to feeling overly burdened from all of the sad and
desperate events they see every day. This has been recognized and even assigned a name “compassion
fatigue” (Lanier, 2017). Our population is not only living longer, they are living longer with increased
chances of physical and/or mental disability, primarily due to the aging process. This aging process may
result in the person needing more assistance with activities of daily living which falls onto the shoulders of
their immediate family, often a spouse or adult child. What happens to these families or caregivers?
Professionals suffering from caregiving for others have received help and recognition of the problem. This
is not the case for non-professionals (Lanier, 2017).
The Family Alliance Caregiving (2017) has called caregiving one of “the most stressful jobs on this earth.”
An “emotional roller coaster that never ends” (para 5). Anyone that has experienced this scenario knows
that there is little time for oneself. The “job” can be overburdening, overwhelming, and full of unknowns. It
is a very scary situation in which family members do not know where and whom to turn to.

In this presentation, we will discuss the scope and the existing problem, and assess caregivers using
qualitative measures to find solutions and support for the caregivers. We will discuss some of the
strategies noted in the literature to address this problem. We will also speak to some caregivers who have
recently experienced this in their own lives and relate how they were able to cope and survive the stress
of caregiver burden.

We will then formulate a caregiver stress test to evaluate the burden. Healthcare staff could use this
simple test to evaluate family caregivers, with the idea of then giving them tools to relieve stress. Stress
relief methods will be discussed and evaluated. Self-care is very important to physical, emotional, and
mental stress relief. Caregivers suffer in silence to the detriment of their ability to experience satisfaction
or joy in their lives now and for the future. (Lanier, 2017). This information could be added to the nursing
curriculum and shared with healthcare staff to evaluate situations so as to avoid caregiver burnout in
future situations.

Title:
Caregiver Stress and Compassion Fatigue

Keywords:
caregiver, compassion fatigue and self-care

References:
Lanier, J. (2017), Running on Empty: Compassion Fatigue in Nurses and Non-Professional
Abstract Summary:
Caregiver stress/compassion fatigue, and how extensive is the issue? The caregiver may be the patient, family, or medical professional. Qualitative methods will be used to collect data and formulate current evidenced-based practice to find self-care methods for surviving and reducing effects of compassion fatigue.

Content Outline:
Introduction
1. Our population is not only living longer, they require more involved care.
2. Caregivers need lessons on self-care and how to care for themselves.

Body

In this presentation, we will discuss the scope and the existing problem, and assess caregivers using qualitative measures to find solutions and support for the caregivers. We will discuss some of the strategies noted in the literature to address this problem. We will also speak to some caregivers who have recently experienced this in their own lives and relate how they were able to cope and survive the stress of caregiver burden.

Conclusion

Stress relief methods will be discussed and evaluated. Self-care is very important to physical, emotional, and mental stress relief. Caregivers suffer in silence to the detriment of their ability to experience satisfaction or joy in their lives now and for the future. (Lanier, 2017). This information could be added to the nursing curriculum and shared with healthcare staff to evaluate situations so as to avoid caregiver burnout in future situations.

First Primary Presenting Author
Primary Presenting Author
Joy A. Whitlatch, EdD, MSN, RN
Chamberlain College of Nursing
RN-BSN Option Online
Associate Professor
Goodyear AZ
USA

Professional Experience: Joy Whitlatch, EdD, MSN, RN is an associate professor for the RN to BSN online degree completion option at Chamberlain College of Nursing. He is presently the Course Leader for Collaborative Care/Leadership. She has more than a decade of academic experience to her role and
specializes in nursing and online education. Dr. Whitlatch is a member of the NLN, the ANA, and Sigma Theta Tau International. Additionally, she is an editorial reviewer for journals and conferences. She has given numerous professional presentations in the areas of online learning and nursing education. Before working at Chamberlain, she was an adjunct professor for Grand Canyon College in the BSN program online.

Author Summary: Joy Whitlatch, EdD, MSN, RN is an associate professor for the RN to BSN online degree program at Chamberlain College of Nursing, with more than a decade of academic experience specializing in nursing and online education. Additionally, she is an editorial reviewer for journals and conferences and has given numerous professional presentations in the areas of online learning and nursing education.

Second Secondary Presenting Author
Corresponding Secondary Presenting Author
Virginia L. Hall, DNP, MSN/Ed, BSN, RN, CNE
Chamberlain College of Nursing
Associate Professor
Downers Grove IL
USA

Professional Experience: Academic Appointments Year Institution Position 2013 Chamberlain College of Nursing Associate Professor Subject Matter Expert for Health Assessment course, adjunct professor DNP program, for Scientific Underpinnings and Evidence-Based Practice courses. 2010 Chamberlain College of Nursing Assistant Professor Subject Matter Expert for Health Assessment course, Transitions in Professional Nursing 2010 Western Governors University Faculty Mentor for MSN students Student Mentor 2007 Chamberlain College of Nursing Adjunct Instructor

Author Summary: Virginia Hall is an associate professor for the RN to BSN online degree completion option at Chamberlain College of Nursing. She has more than a decade of academic experience to her role and specializes in nursing and online education. Dr. Hall is a member of the NLN and Sigma Theta Tau International.