

# CAREGIVER STRESS AND COMPASSION FATIGUE



chamberlain.edu

Joy Whitlatch, EdD, MSN, RN – Associate Professor | [jwhitlatch@chamberlain.edu](mailto:jwhitlatch@chamberlain.edu)  
Virginia Hall, DNP, RN, CNE, HCRM – Associate Professor | [vhall@chamberlain.edu](mailto:vhall@chamberlain.edu)  
Chamberlain University, College of Nursing

## Problem

Early identification of caregiver stress in non-professional or family roles, is necessary to decrease mental and physical harm due to the strain of caregiving.

## Background

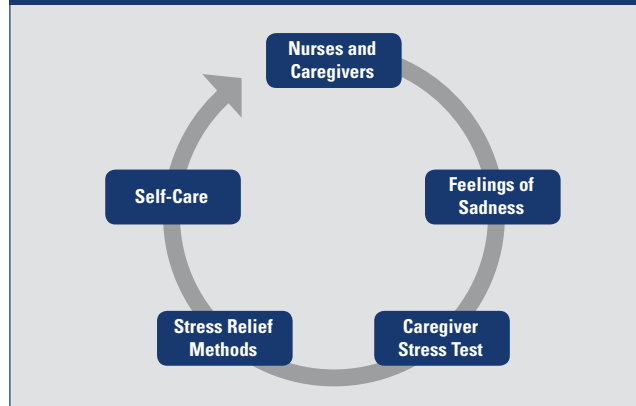
**Caregiver stress or Compassion fatigue, is defined as a feeling of overwhelming sadness.**

- Caregiving is a very stressful and demanding job
- Nurses are professional caregivers that are prone to compassion fatigue
- Lay caregivers (i.e., family members) are also prone to compassion fatigue
- Our aging population requires care by professionals or lay persons
- What happens to these families or caregivers – Where is their support system?
- Family members also risk becoming the patient

## Assessment

- How extensive is the issue of caregiver stress and compassion fatigue?
- The caregiver may be the patient, family or medical professional
- Likelihood of caregiver becoming a statistic of illness
- How can nurses help?

## Model



## Recommendations

- Increase awareness of this important and ongoing issue
- Familiarize healthcare professionals with strategies noted
- Formalize simple questions and observations to identify risks
- Formulate a caregiver stress test to evaluate family caregivers
- Qualitative methods will be used to collect data
- Arm caregivers with self-care methods to reduce stress
- Provide resources for assistance to reduce negative effects of compassion fatigue

## Summary

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).

Self-care is very important to physical, emotional and mental stress relief. This information could be added to the nursing curriculum and shared with healthcare staff to evaluate situations to avoid caregiver burnout in professional and non-professional situations.

## References

- Lanier, J. (2017). Running on Empty: Compassion Fatigue in Nurses and Non-Professional Caregivers. *Ohio Nurses Review*, 92(6), 21-26.
- Family Alliance Caregiving. (2017). Caregivers Stories. Retrieved from <https://www.caregiver.org/national-center-caregiving-ncc-family-caregiver-alliance-fca>

P-92106  
 POS\_Whitlatch\_ANACN\_12-180316\_POS

Date	09/11/18	Printed At	100%	Agency PF
Time	5:00 PM	Round	1	



CHAMBERLAIN  
 UNIVERSITY

Job info

Element	Invitation	Pages	1 pg
Live	36 in x 24 in	Folded Size	
Trim	36 in x 24 in	VDP	<input type="checkbox"/>
Bleed	0.5 in	Notes	

Approvals

	APPROVED	APPROVED W/ CHANGES	DENIED	DATE	INITIALS
Stephanie Gallo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Pub Info

PRINT

Pub:  
 Issue:  
 Contact:

OOH

Title:  
 Location:  
 Prod Co:  
 Post Date:  
 Quantity:

FINAL CHECKLIST

	INITIALS	INITIALS
Chamberlain Address	<input type="checkbox"/>	<input type="checkbox"/>
Chamberlain Phone 888.556.8CCN (8226)	<input type="checkbox"/>	<input type="checkbox"/>
Chamberlain URL	<input type="checkbox"/>	<input type="checkbox"/>
3-Year BSN Copy	<input type="checkbox"/>	<input type="checkbox"/>
Full Accreditation	<input type="checkbox"/>	<input type="checkbox"/>
Institutional Accred.	<input type="checkbox"/>	<input type="checkbox"/>
Program Accred. BSN	<input type="checkbox"/>	<input type="checkbox"/>
Program Accred. MSN	<input type="checkbox"/>	<input type="checkbox"/>
Program Accred. DNP	<input type="checkbox"/>	<input type="checkbox"/>
State Approval (SCHEV)	<input type="checkbox"/>	<input type="checkbox"/>
TN State Disclosure (THEC)	<input type="checkbox"/>	<input type="checkbox"/>
IL Board of Higher Ed (IBHE)	<input type="checkbox"/>	<input type="checkbox"/>
Program Availability	<input type="checkbox"/>	<input type="checkbox"/>
Consumer Disclosure URL	<input type="checkbox"/>	<input type="checkbox"/>
Legal Line	<input type="checkbox"/>	<input type="checkbox"/>
Inventory Code	<input type="checkbox"/>	<input type="checkbox"/>
Production Code	<input type="checkbox"/>	<input type="checkbox"/>
Heat Map Check	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>