Compassion practice: What is it?

Compassion Fatigue?

Compassion Satisfaction?
History: Compassion fatigue

• Compassion fatigue first coined in 1992, as having “lost the ability to nurture” (Joinson, 1992:119).

• In 1995, the term compassion fatigue was repurposed as a more “user friendly term” for Secondary Traumatic Stress Disorder [STSD] (Figley, 2002:3).

• Secondary Traumatic Stress was already known as secondary victimization (Figley, 1982), vicarious traumatization (McCann & Pearleman 1990, Pearlman & Saakvitne 1995), and secondary survivor distress (Remer & Elliot, 1988).

• Compassion stress first coined in 1995 (Figley, 1995:7).

• Compassion stress was used as an alternate term for secondary traumatic stress [STS] Figley, 1995:7).
Problems identified

Compassion fatigue within nursing practice:
A concept analysis

Siedine Knobloch Coetzee, RN, RM, BCUR, MCM, PhD(c) and Hester C. Klopper, RN, RM, BCUR, MCM, PhD, MBA
School of Nursing Science, North-West University (Potchefstroom Campus), Potchefstroom, South Africa

Abstract

“Compassion fatigue” was first introduced in relation to the study of burnout among nurses, but it was never defined within this context; it has since been adopted as a synonym for secondary traumatic stress disorder, which is far removed from the original meaning of the term. The aim of the study was to define compassion fatigue within nursing practice. The method that was used in this article was concept analysis. The findings revealed several categories of compassion fatigue: risk factors, causes, process, and manifestations. The characteristics of each of these categories are specified and a connotative (theoretical) definition, model case, additional cases, empirical indicators, and a denotative (operational) definition are provided. Compassion fatigue progresses from a state of compassion discomfort to compassion stress and, finally, to compassion fatigue, which if not addressed in its early stages of compassion discomfort or compassion stress, can permanently alter the compassionate ability of the nurse. Recommendations for nursing practice, education, and research are discussed.

Key words
compassion fatigue, compassion satisfaction, concept analysis, nursing practice, secondary traumatic stress disorder.
Compassion fatigue: Progress to date

- Instruments (Stamm, 2010)
- Models (Figley, 2002; Stamm, 2010)
- Global focus on compassion practice by various Departments of Health
- Study of empathy by social neuroscientists
My career continued…
Definitions

- **Compassion** requires as a basis two primary actions, 1) acknowledging and empathizing with a person, and 2) acting towards alleviating or removing a person’s suffering, sorrow or pain.

- **Compassion Fatigue** can be defined as a state of being **disengaged** from the patient and **incapable** to meet the patient’s needs and feeling **unfulfilled** as a caregiver.

- **Compassion Satisfaction** is defined as a state of being **mindful** and **responsive** to the needs of the patient, and feeling **fulfilled** as a caregiver.
Models

The Compassion Fatigue Process (Figley, 2001)
Models continued

Professional Quality of Life (Stamm, 2010:12)
If you want others to be happy, practice compassion.

If you want to be happy, practice compassion.

~ Dalai Lama ~
Towards a theoretical model: Compassion practice
Conservation of resources theory

Conservation of Resources Theory (Hobfoll 1988, 1989, 1998),
(Rameson & Lieberman, 2009; Decety & Lamm 2009, Morelli et al. 2014)
Compassion practice instrument

Where I Am Now
Early career scientist... challenges, choices, opportunities

- Find your PASSION
- DREAM Big
- WORK Hard
- Keep your FOCUS
- MENTORS
- Grab OPPORTUNITIES
- Career PLANNING
- NETWORK

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars and to change the world.

HARRIET TUBMAN
Thank you