

Towards a Nursing Theory of Compassion Energy

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Purpose of the Project

- Provide an understanding of **Compassion Energy**.
- To care compassionately is inherent in nursing practice.
- An energy field experienced as vigor.
- **Compassion Energy** is self-generated vigor to find meaning in caring for others.
- Prevent *Compassion Fatigue*.

Compassion Energy Model ©



Linking Theory to Practice

Integrative review revealed evidence and significance of compassion in:

- Education
- Practice
- Research

Risk for suffering with *Compassion Fatigue*

Internal Consistency of the Theory

Integrative review method to synthesize past empirical and theoretical literature. Five stages:

- Problem/concern identification.
- Literature search.
- Data evaluations.
- Data analysis.
- Presentation of the synthesis in form of a model.

Description of Theory

Compassion Energy is the regeneration of nurses capacity to foster interconnectedness.

Attributes are:

- Compassionate presence
- Patterned nurturance
- Intentionally knowing

Conclusion

Compassion Energy as a theoretical framework will support nursing practice and the meaningful relationship of caring for others.

Beliefs and concepts identified are theoretically linked to nursing knowledge (education), application (practice), and evidence (research).