

Prevalence of Compassion Fatigue Across Oncology Nursing

Project aim was to evaluate the prevalence of compassion fatigue among oncology nurses in a large health care system, across oncology settings

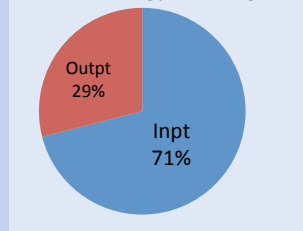
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Methods

- Nurses staff were surveyed using the ProQOL-V screening tool
- Needs assessment was also completed collecting demographic data as well as information about access to resources and unit culture.
- Who were surveyed? Oncology staff at:
 - 2 large teaching hospitals
 - 1 rural critical access hospital
 - 3 outpatient oncology infusion centers
 - 2 radiation oncology departments
- There were 100 participants representing 55% of potential participants.

Who Participated
Oncology Setting



Results

	Compassion Satisfaction	Burnout	Secondary Traumatic Stress
Setting (N100)	(p=0.008)	(p=0.09)	(p=0.46)
Inpatient (n71)	37.46	24.41	23.32
Outpatient (n29)	40.10	22.79	23.44
MedOnc (n=46)	(p=0.002)	(p=0.02)	(p=0.19)
Outpatient (n29)	36.24	25.54	24.86
	40.10	22.79	23.45
Oncology experience	(p=0.013)	(p=0.018)	(p=0.44)
> 1 year inpatient(n62)	37.02	24.72	23.74
> 1 year outpt (n26)	39.54	23.54	24.00
Oncology Experience	(p=0.0016)	(p=0.041)	(p=0.21)
> 1 year MedOnc(n40)	35.5	26.02	25.37
> 1 year outpt (n26)	39.54	23.54	24.00

Compassion satisfaction

- Inpatient oncology staff experience less satisfaction from that they do compared to outpatient units.
- Nurses that have worked for over a year on medical oncology unit experience the greatest level of compassion dissatisfaction

Burnout

- Nurses working in medical oncology are at higher risk for burnout than their outpatient colleagues with the highest rate among nurses who have more than a years oncology experience.

Relationships with colleagues (Social)

- Retreats
- Social activities outside of work
- Support groups
- Team building activities
- Informal get together

Physical activities to de-stress

- Massages
- Therapy dogs
- Free or reduced price gym
- Walking groups at lunch
- Yoga
- Meditation
- Access to gym

Emotional Healing

- Debriefings
- Time with pastoral services after a death
- Support groups
- Education opportunities about death and dying

Work Environment

- In advance scheduling
- More flexible staffing grid
- Better staffing
- Guaranteed breaks with coverage
- More emphasis on breaks
- Quiet place for breaks

Conclusions

Take Away

- Across oncology settings, inpatient medical oncology units experience the greatest impact in compassion satisfaction and burnout.
- culture of self-care is not a priority. Nurses rarely with an emphasis of nurses taking breaks, uninterrupted time away from the unit for lunches, and providing a quiet area to mentally and physically recharge.