Compassion Fatigue in Rural Midwestern Nurses

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Learning Objectives
● Define compassion fatigue in nurses.
● Describe the study’s results.
● Define areas for further research in compassion fatigue.

Background & Review of the Literature
● Compassion fatigue: when nurses stop caring.[4]
  ○ Similar to burnout.[3]
● Pervasive throughout nursing.[4]
  ○ Prevalence at 78.7%.[1]
● Gaps in literature.[2]

[1] [2] [3] [4]
Purpose

• Fill the gap in literature.
• Hypothesis: Nurses of areas other than oncology, hospice, or trauma care experience compassion fatigue; but their compassion fatigue takes a greater period of time to manifest, and when manifested, it is less severe.

Methods: Design

• Quantitative research study.
• Participants completed two part survey:
  1) Demographics (age, gender, years employed, etc.).
  2) 30 item Professional Quality of Life (ProQOL Revision-V) (Stamm, 2009).
• Convenience sample at two conferences.

Methods: Forms
Methods: Forms

Compassion Satisfaction, Burnout, and Secondary Traumatic Stress Scores:

<table>
<thead>
<tr>
<th>Level</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>≤2</td>
</tr>
<tr>
<td>Average</td>
<td>2 - 11</td>
</tr>
<tr>
<td>High</td>
<td>&gt;11</td>
</tr>
</tbody>
</table>

Methods: Sample

- Sample: n = 29
  - 30 nurses completed the ProQOL-V
  - One nurse declined to provide demographic information
  - Convenience sample of two Midwestern nursing conference participants.

Methods: Implementation

1. Obtained consent.
2. Participants independently completed demographic form and ProQOL-V.
3. Offered to score ProQOL.
4. Gave participants resources pamphlet.
5. Organize data, analyze.
Results

Demographics:
- 96.6% female (28 females, one male)
- Age:

![Age range of participants]

Education:

![Highest Education Level]

<table>
<thead>
<tr>
<th>Education Level</th>
<th>High</th>
<th>Average</th>
<th>Low</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Students with Degree</td>
<td>18</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>Age</td>
<td>25-24</td>
<td>16-24</td>
<td>16-25</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Coefficients</th>
<th>Model</th>
<th>Standardized Coefficients</th>
<th>t</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Constant)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AGE</td>
<td>-2.23</td>
<td>.466</td>
<td>-2.334</td>
<td>.025</td>
</tr>
</tbody>
</table>

a. Dependent variable: BURNOUT SCORE
Discussion

● Purpose:
  ○ Determine prevalence and extent of Compassion Fatigue.

● Hypothesis:
  ○ Nurses of areas other than oncology, hospice, or trauma care experience compassion fatigue; but their compassion fatigue takes a greater period of time to manifest, and when manifested, it is less severe.

Discussion

● Population didn’t experience compassion fatigue.

● Found that younger nurses are more likely to experience burnout.
  ○ 30-50% of new RNs change positions or leave nursing completely within their first 3 years of practice (MacKusick, C., & Minick, P., 2010).

● Educate population about compassion fatigue.

Limitations

● Small sample size.
● Gender inequivalence: 96.6% female.
● Rural, midwestern.
Future Research

- Expanding to a wider population.
- Expanding to an urban setting.
- Expanding to a greater variety of facilities.

Research Implications

- Young nurses experience more burnout.
  - Better education/training needed.
  - Make employers aware.
  - Co-worker mentorships.

References


