

Promotional: Compassion Fatigue

You **MUST print this for Continuing Education purposes and keep with your certificate of completion.

Requirements:

For successful completion of this educational activity and receipt of 1.0 contact hour(s), the learner must:

1. Participate in 60 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

Educational activity description:

Compassion fatigue is caused by the emotional demands of constant exposure to human suffering, creating a desensitization to the suffering of others. Compassion fatigue is one of the most concerning issues facing nurses today. It contributes to job dissatisfaction, decreased productivity, job burnout which frequently leads to turnover, and decreased quality of care. Due to the intensity in which long-term care workers are caring for residents, they are at risk for developing compassion fatigue. This educational activity on compassion fatigue will help nurses learn individual and organizational practices that promote greater self-care to reduce the impacts of this issue.

Target audience:

The target audience for this educational activity is nurses in the long-term care setting and other interested nurses. This is an intermediate level educational activity. Information is geared to practitioners with a general working knowledge of current practice trends and literature related to the subject matter. The focus is on increasing understanding and competent application of the subject matter

Learning outcome:

At the completion of this educational activity, the learner will demonstrate knowledge about compassion fatigue by passing a quiz with a score of 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. Identify two (2) causes of compassion fatigue for healthcare workers.
2. Identify three (3) symptoms of compassion fatigue for healthcare workers.
3. Identify three (3) ways healthcare workers can prevent compassion fatigue.

Author:

Don Gordon, BS, MDiv, DMin

Don has been engaged in pastoral ministry for 34 years in Virginia and North Carolina and currently serves as Adjunct Professor of Religion at Lenoir-Rhyne University. He earned a Doctor of Ministry degree from Columbia Theological Seminary (PCUSA), a M.Div. from Southeastern Baptist Theological Seminary, and a B.S. degree in Mathematics from Campbell University. Currently he is serving on the Board of Trustees for Campbell University in North Carolina and the Board of Directors for The Baptist Center for Ethics in Nashville, Tennessee. Don has spent many hours offering spiritual care in hospitals, hospice care facilities, nursing homes and assisted living facilities with many people he knew well or not at all, including his mother who lived for five years in such an environment.

Planning committee:

Judy Hoff, RN, BSN, MA, PhD

Jessica Burkybile, MSN, RN, NPD-BC

Amanda Keith, PhD, RN, PHN

Don Gordon, BS, MDiv, DMin

ANCC continuing professional development information:

Healthcare Academy is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

ANCC disclosure and program information:

Participants will be required to complete the entire educational activity, quiz, and evaluation form. There will be no endorsements of products or off-label use.

There are no relevant financial relationships for any individual in a position to control content of this activity.

EXPIRATION: The expiration date for this educational activity is January 27, 2029. No contact hours will be awarded to participants who fail to submit evaluation forms. Please contact Healthcare Academy with questions.

California Department of Public Health:

This course is approved by the CDPH. Provider ID (NAC#): 7045

Disclaimer: Time in Course

If you intend to use this course for continuing education credit, you MUST be in the course for the stated amount of time. If you do not meet the required time, your certificate may be deemed invalid.

Disclaimer: Content Advisory

Some courses may touch upon sensitive, controversial, or uncomfortable topics that could evoke emotional or psychological distress. Our goal at Healthcare Academy is to foster a respectful and inclusive learning environment and provide educational topics to support your work and your facility. We understand that these topics can elicit strong emotional responses. We want to ensure that you are aware of this before proceeding. If at any point you find the content overwhelming or distressing, we encourage you to take a break, seek support from a trusted individual, or discontinue participation in the course if necessary. By continuing with this course, you acknowledge and understand the potential triggering nature of the content. You take full responsibility for your engagement with the material, and the course creators, instructors, and platform including Healthcare Academy shall not be held liable for any emotional, psychological, or other adverse effects experienced because of your participation. If you have any concerns or questions regarding the course content, please contact your organizations Healthcare Academy representative for further guidance.

Copyright Dates: 2019, R1_01.27.2023_SME, R2_01.27.2026_SME