Compassion Fatigue

COST OF CARING

Objectives

- Discuss personal effects of Compassion Fatigue and its professional impacts
- Evaluate own risk level of Compassion Fatigue, Burnout and Compassion Satisfaction through a Self Awareness Quiz
- Evaluate own self care and develop a plan for professional empowerment

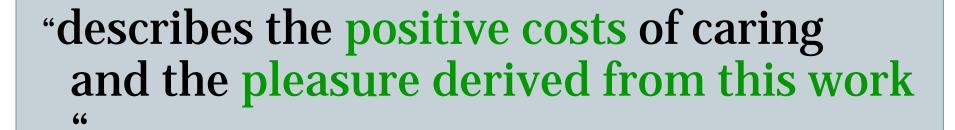
Definitions

- Compassion Fatigue/Trauma
- □**Burnout**
- Compassion Satisfaction

"a state of physical, emotional and mental exhaustion caused by long term involvement in emotionally demanding situations"

(Pines and Aronson,1988)

"a state experienced by those helping people in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it is traumatizing for the helper."



(CAMH, Crosscurrents)

ProQOL R-IV





ProQOL R-IV Calculations

- Reverse the scores on these 5 items: 1, 4, 15, 17 and 29. (i.e. 0=0, 1=5, 2=4, 3=3)
- **X**: 3, 6, 12, 16, 18, 20, 22, 24, 27, 30 (Compassion Satisfaction)
- **Check**: 1, 4, 8, 10, 15, 17, 19, 21, 26, 29 (Burnout)
- **Circle**: 2, 5, 7, 9, 11, 13, 14, 23, 25, 28 Compassion Fatigue/ Trauma

Warning Signs of Compassion Fatigue

Three levels of symptoms:

- Physical: Physical Exhaustion, insomnia or hypersomnia, headaches, more prone to illness, hypochondria
- **Behavioral:** Increased use of alcohol and drugs, absenteeism, anger and irritability, avoidance of clients, inability to make decisions, forgetfulness, personal problems
- **Psychological:** Distancing, emotional Exhaustion, depression, negative self image, reduced ability to feel empathy or sympathy, resentment

Sliming VS Debriefing

Low Impact Debriefing:

- Increased self awareness
- Fair Warning
- Consent
- Limited Disclosure

Your Colleagues' Dragon

What color is your dragon today?

- Green
- Red
- Yellow

While with tenant....

- "unmirroring"
- Sip of water
- Cross legs
- Change breathing
- Blink eyes
- Stretch
- Tense Specific Muscles

Strategies for Self

Step 4
Make a Commitment

Step 3
Develop Resiliency

Step 2
Enhance Self Care

Step 1
Take Stock: Track your Stress

Self Care Tips

- Sleep and rest
- Diet
- Exercise
- Vacations
- Trying something new
- Say 'no' and 'yes' more often
- Make time for yourself every day
- Be Kind to yourself
- Meditation/Breathing
- Getting regular medical care for prevention

Beyond Self Care

What if I need more?

Thank you for attending!!