



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.”

(Figley, 2005)



“describes the **positive costs** of caring
and the **pleasure derived from this work**
“

(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





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!!