

Abstract

The issues of compassion fatigue and burnout has plagued up to 40% of nurses in critical care environments. While flight nurses practice in a critical care environment, there was no research or education available specific to flight nurses. As a unique specialty in nursing, flight nurses practice in the pre-hospital setting and have not been represented in the research available. This DNP project sought to create a peer-to-peer educational intervention specific for flight nurses and determine if the intervention resulted in a decrease in compassion fatigue and burnout for flight nurses. The project was implemented utilizing the *Plan-Do-Study-Act Model for Improvement* translational change model. Utilizing the Professional Quality of Life (ProQOL) survey, pre- and post-intervention compassion fatigue, burnout, and compassion satisfaction levels were determined. Participants completed a one-hour presentation and received a handout that was specific to compassion fatigue and burnout in flight nurses. The results of the project were analyzed utilizing a two-tailed T-test and a confidence level of 95% to evaluate the mean scores. Participants (N=31) experienced a mean decrease in compassion fatigue level by 17%, although not a statistically significant decrease. Female participants (N=21) experienced the greatest decrease in compassion fatigue and burnout with a 30% and 24.8% decrease respectively. Representing such an important topic, further research should be performed to determine the difference between males and females and the prevalence of compassion fatigue and burnout in the air medical industry.

Keywords: Compassion fatigue, burnout, compassion satisfaction, *ProQOL*, educational intervention, flight nurse, flight nursing, air medical industry, *Plan-Do-Study-Act Model*