

Abstract

Nature and Scope of the Project: Increasing demands are being placed on palliative care clinicians. Resilience decreases the effects of compassion fatigue caused by work and emotional demands. The aim of this project is to find if resilience education has an effect on resilience and compassion fatigue in palliative care clinicians.

Synthesis and Analysis of Supporting Literature: Few studies on resilience and compassion fatigue have focused on providers or palliative care, most focus on nursing. Research shows a strong negative relationship between resilience and compassion fatigue, but minimal studies have been done on resilience training as an intervention for compassion fatigue. Utilizing the self-efficacy theory, the evidence-based solution is providing resilience education.

Project Implementation: Twelve palliative care clinicians were assessed via surveys to measure resilience and compassion fatigue before and after seven weeks of resilience education. The primary significant challenge encountered was creating seven weeks of quality resilience education and knowing if the palliative care clinicians were reading the materials.

Evaluation Criteria: The Resilience Scale measures resilience, and the Professional Quality of Life Scale measures compassion fatigue. This project will be deemed a success if there is an increase in resilience and/or a decrease in compassion fatigue among participants.

Outcomes: This project did result in a decrease in compassion fatigue. Resilience showed a significant improvement in all participants (score) Looking at the job class of participants, the nurse and spiritual care group had the most significant improvement in both increased resilience and decreased compassion fatigue (score), as compared to doctors (score), or APRNs (score). Resilience education

Recommendations: This shows (hopefully) that resilience education can increase resilience and decrease compassion fatigue in palliative care clinicians. In a time of extraordinary demands on healthcare professionals, it is recommended that clinicians have resilience education. It is crucial for healthcare organizations to acknowledge the importance of resilience education for their employees and initiate programs.

Keywords: compassion fatigue, resilience, palliative care, physician, nurse practitioner