

# Befriending Compassion Fatigue Series

## Soul & Science

### Goals

- Increase care provider awareness of burnout and compassion fatigue
- Develop healthy best practices to decrease the negative effects of burnout and compassion fatigue
- Improve the emotional well-being care providers
- Promote peer-supported tools that foster self-care
- Encourage a healthcare environment which is open to discussing and addressing the difficult realities of burnout and compassion fatigue

### Target Audience

Physicians, Nurses, Social Workers, Hospice Care Workers, Mental Health Care Workers, Health Care Administrators, Policy/Planning Administrators, Chaplains

### Educational Objectives

After completing in this coursework, participants will be able to:

- Self-assess for burnout. (knowledge, competence)
- Self-assess for compassion fatigue. (knowledge, competence)
- Identify the symptoms of burnout and its contributing factors. (knowledge)
- Identify the symptoms of compassion fatigue and its contributing factors. (knowledge)
- Describe which methods of patient communication have been shown to decrease compassion fatigue. (knowledge)
- Evaluate which types and levels of empathetic responses are appropriate and healthy within the caregiving environment. (knowledge, competence, performance)
- Incorporate the types and levels of empathetic responses which are appropriate and healthy within the caregiving environment. (knowledge, competence, performance, patient outcomes)
- Assess the levels of emotional/spiritual pain in care receivers. (knowledge, competence, performance, patient outcomes)
- Self-assess the levels of emotional/spiritual pain. (knowledge, competence, performance)
- Employ multiple positive self-care strategies to combat compassion fatigue and care provider burnout. (knowledge, competence, performance)

**Original Release Date:** October 15<sup>th</sup>, 2016

**Renewal Date:** TBD

**Expiration Date:** TBD

**Estimated Time to Complete:** 5.5 hours

**Method of Participation:** Video, Submit-able Forms, Group Participation

## **Accreditation/Credit Designation**

California Board of Registered Nursing designates this enduring material for 5.0 CE credit.

National Board of Social Workers (in progress)

Oregon Board of Social Workers (in progress)

The Accreditation Council for Continuing Medical Education (in progress)

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## **Hardware/Software Requirement:**

All instructional materials are available as streaming media and website content. No downloads or client-side plug-in or application is required. Lessons may be viewed on multiple hardware devices, include Windows and Macintosh desktops, tablets, and portable devices.

## **Supported Browsers:**

Internet Explorer 7 & above (not 6), Firefox, Safari, Opera, Chrome

## Other Requirements:

Internet Connection, Vimeo Accessibility

## If you are having problems with video streaming:

You may want to try one of the following:

- Close extra browser tabs or other applications that may be using up your bandwidth.
- Make sure you're using the latest version of your browser.

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