


Efforts to Reduce Compassion  
Fatigue Among BMT Nurses:  
2015 Update

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Acknowledgements

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Objectives

1. Describe interdisciplinary efforts to reduce compassion fatigue among BMT nurses.
2. Demonstrate outcomes using ProQOL5 survey of BMT nurses compassion fatigue over time.



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## Background

In 2010, staff of our BMT Unit began demonstrating severe compassion fatigue (CF)

- an increase in moral distress
- nurse turnover rate
- medical leave usage
- conflict among staff
- patients and families
- increased requests to Psychosocial Care for debriefing



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## Methods

- In 2011, the ProQOL5 survey, a valid CF assessment tool, was distributed to inpatient BMT nurses.



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## Interventions

- BMT Patient Experience Project
- Unit-based Supportive Care Committee development
- Partnership with Supportive Care Medicine



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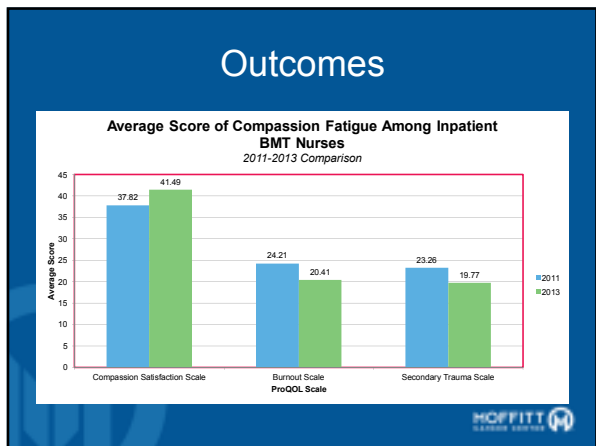
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- ### Outcomes
- Respite Room
  - Code Lavender
  - Bereavement Ceremonies on unit
  - Vacancy rate increased, turnover decreased (transfers to Outpatient)
  - Major illness leaves unchanged
- HOFFITT  
LEADERS CENTER

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- ### Next Steps
- Building confidence in end-of-life care
  - Tailor interview questions
  - Continued development of formalized programming to help debrief during stressful times (staff meetings to include bereavement ceremonies)
- HOFFITT  
LEADERS CENTER

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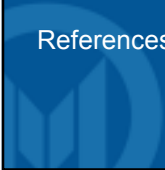
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## Questions?

- For additional information:  
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References available upon request.



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