

Purpose

The purpose is to cultivate a resilient and compassionate healthcare workforce—locally, regionally, and nationally—through innovative educational and experiential programs. Our vision is to have safe and high functioning healthcare environments with healthy and happy healthcare professionals where heart and humanness are valued and embodied.

Background



Can compassion be taught? UVa Nursing's all volunteer army of nurses, physicians, administrators, professors and students are learning concrete ways to insert compassion into every patient interaction -- and they're bolstering their own resilience in the process.

The Compassionate Care Initiative Offers

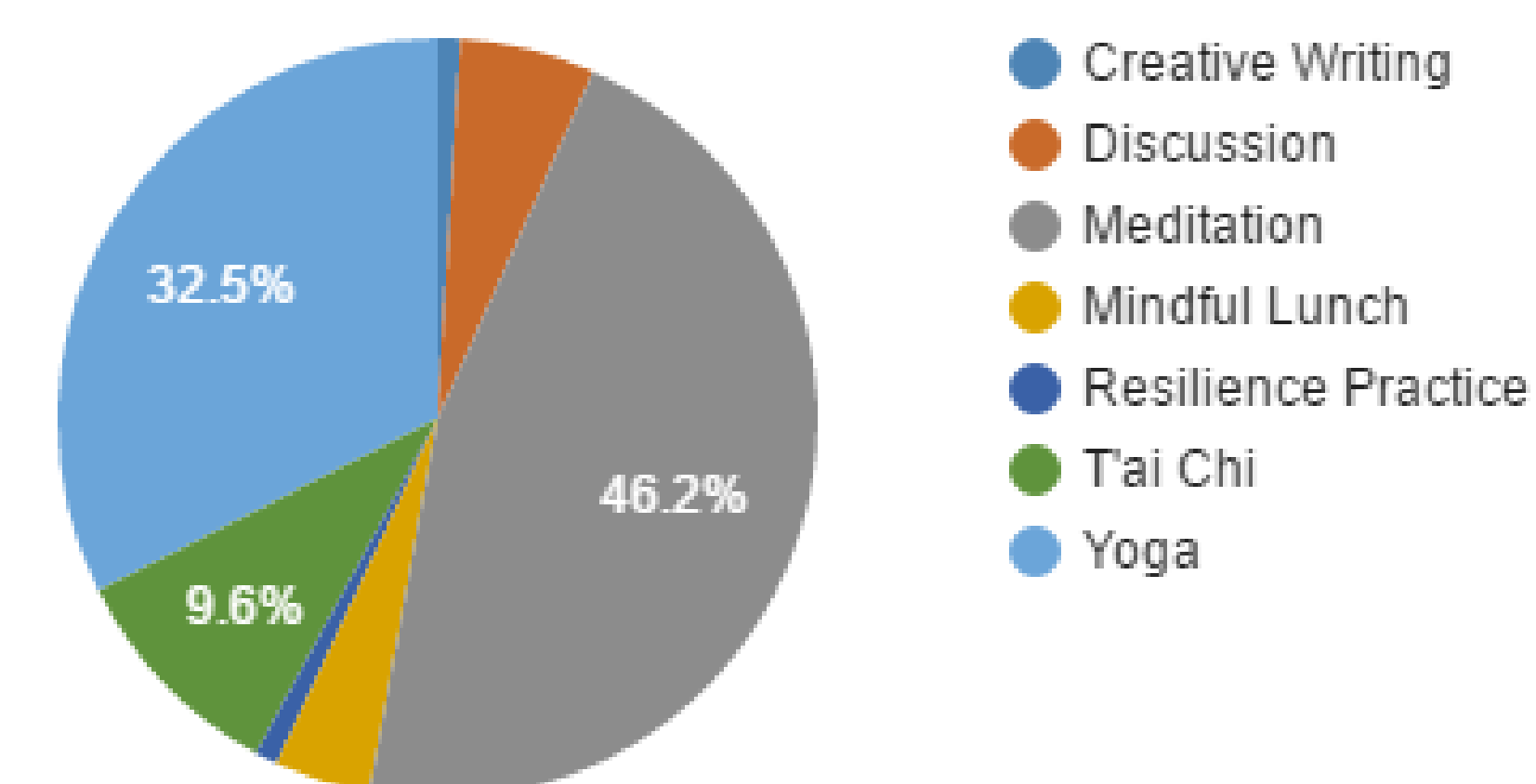
- Free Drop-In Sessions open to all university students, staff, faculty, and the community
- Over 60 student, faculty, and clinical ambassadors
- Resiliency Retreats and Special Events
- Designated Resiliency rooms that are stocked with blankets, yoga mats and meditation cushions to be utilized for self-care and resiliency practices.

“Research shows mindfulness training can help nurses cope more effectively with stress and reduce the risk of professional burnout (Howland & Bauer-Wu, 2015).”

Analysis

Drop-in sessions of yoga, meditation and mindfulness practices are held weekly and are well attended, reflecting the eagerness of students, faculty and staff to engage in resilience-building practices.

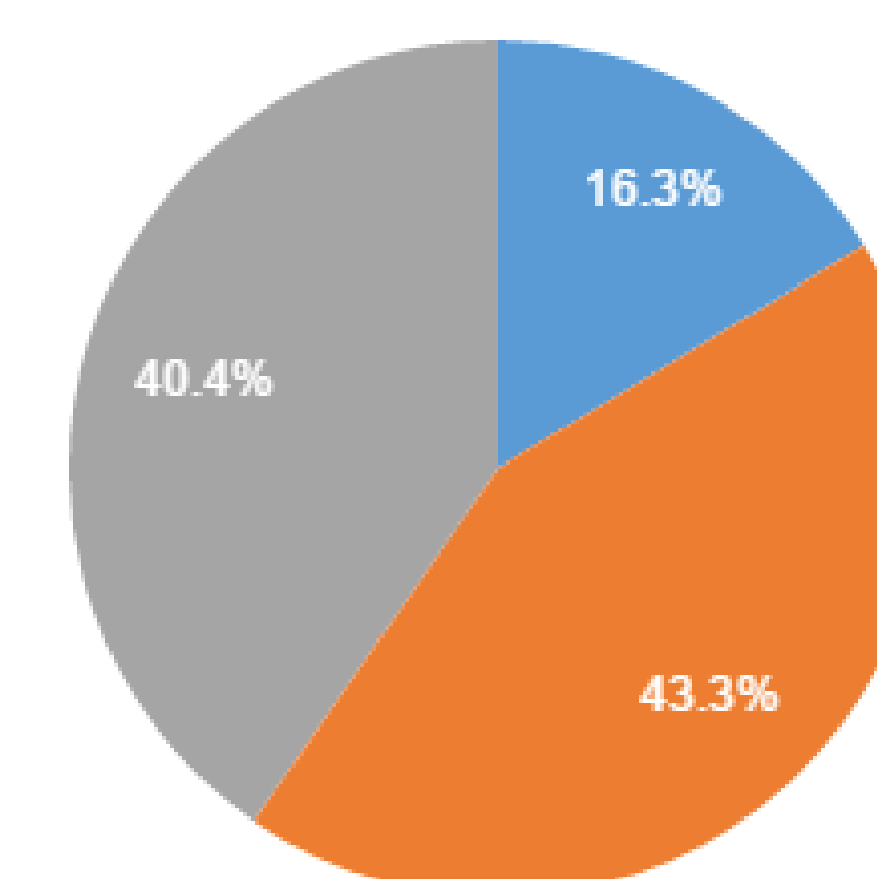
Drop-In Sessions Offered



416 Total
Drop-In
Sessions

Nursing School Participants

• faculty • staff • student



2511 Total Attendees
914 Of Attendees from
School of Nursing

Resiliency Retreat Feedback

“I feel that it is extremely important for nursing students and nurses to care for themselves. **Without being able to care for themselves first, they are not able to effectively care for others.** Many times nursing students and nurses do not provide themselves with the adequate care that they need.” -4th Year BSN Student

“Thank you for making this kind of work/selfcare a priority. Having a school and/or workplace that cares for the health of the people is truly touching...” -2nd Year, RN-BSN Student

Outcomes

Feedback from participants has reinforced that workshops and resilience retreats benefit healthcare workers and the quality of care they believe they are capable of providing. Program outcomes illustrate the importance of teaching about self-care and inviting it into a community of learning. Promoting compassionate care practices in education can inform methods for supporting an empathic and caring healthcare workforce.



“...Our nursing students are graduating not only with technical skills, but also with considerable awareness, commitment, and practical skills to take care of themselves in order to fully attend to patient and family needs and provide truly compassionate care (Bauer-Wu & Fontaine, 2015).”

References

Bauer-Wu, S., & Fontaine, D. (2015). Prioritizing Clinician Wellbeing: The University of Virginia's Compassionate Care Initiative. *Global Advances in Health and Medicine*, 4(5), 16–22. <http://doi.org/10.7453/gahmj.2015.042>

Howland, L., & Bauer-Wu, S. (2015). The mindful nurse. *American Nurse Today*, 10(9), 43.