

**Title:**

Implementing a Relationship-Based Care Model on a Critical Care Unit to Reduce Compassion Fatigue

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**Session Title:**

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**Keywords:**

compassion fatigue, relationship based care and self care strategies

**References:**

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**Abstract Summary:**

Nurses who work in critical care often risk exposure to compassion fatigue. One focus of the Relationship-Based Care Model is to provide nurses with self-care strategies that may combat the risk of compassion fatigue. Implementing self-care strategies for nurses can provide a healthy work environment.

**Learning Activity:**

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to describe the three elements of relationship-based care.	The learner will be presented with the relationship based care model that includes care for self, care for patients, and care for colleagues.
The learner will be able to identify the signs and symptoms and risk of compassion fatigue	The learning will be provided with the definition of compassion fatigue as well as the signs and symptoms. Compassion fatigue can lead to stress and burnout in the workforce.
The learner will be able to recognize the benefits of a self-care model	The learner will be given the benefits of having their own self-care model. Nurses who practice self-care at home and at work are more likely to enjoy the work they do.

The learner will be able to demonstrate self-care strategies in order to reduce the risk of compassion fatigue.	The learner will be introduced to several self-care strategies to practice in order to care for themselves. Such as, exercise, meditation, healthy eating, journaling, etc.
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### **Abstract Text:**

The work environment on a critical care unit is crucial to patient care. This unit is one of the most complex environments in a healthcare facility. High workload and fatigue are major negative contributors to patient safety. The nursing staff on a critical care unit creates the atmosphere. Therefore, facilities must strive to enhance the work environment in order to promote patient safety. Nurses must include their own self-care in their commitment to care for patients. Caring can be considered a foundation of nursing. However, nurse burnout from compassion fatigue can compromise the caring aspect in nursing. Nurses should reflect on their own self-care in order to care for their patients.

Compassion is acknowledging the suffering of others and having the ability to relieve it. A nurse's role often times leads to burnout when the ability to positively affect a patient outcome becomes impossible. Therefore, compassion is compromised and burnout or fatigue becomes imminent. Nurses on a critical care unit experience high levels of stress, which has contributed to the nursing shortage.

The psychological impact on nurses may result in the inability to care for themselves as well as a decrease in the quality of care patients receive. Self-care interventions may help relieve some of the psychological effects of stress and burnout. Most research supports self-care interventions to lessen the risk of nurses developing compassion fatigue.

The relationship-based care (RBC) model focuses on the three relationships for providing quality care. The RBC model consists of the nurse's relationships with patients and families, colleagues and self. The RBC model is a model that provides the delivery of compassionate and human care. The model gives a framework for improving on relationships in healthcare that have a direct effect on patient care. The model creates a healing environment. In the "nurse relationship with self" component of the model, the importance of having self-care strategies is expressed. The purpose of this proposal is to describe the plan to implement an evidence-based relationship-based care model intervention to reduce compassion fatigue.