

When Helping Hurts: Addressing Compassion Fatigue



In traditional Native American teaching it is said that, "each time you heal someone you give away a piece of yourself until, at some point, you will require healing." (Stebnicki, 2008). The health of care providers is critical to the sustainability of our workforce and to assuring the quality of patient/client care. This combined

didactic and interactive session will outline the development, implementation and evaluation of a program undertaken to address compassion fatigue among health care professionals. Through the sharing of findings from various research studies and by engaging in reflective exercises, participants will gain an enhanced understanding of compassion fatigue and the practical strategies that can be employed to address it.

Speaker:

Leslie McLean, RN, MScN, is an Advanced Practice Nurse and Project Manager with the Capital Health Cancer Care Program, Coordinator of Capital Health's Clinical Ethics Consultation service, and an Adjunct Professor with the Dalhousie University School of Nursing in Halifax, N.S. Leslie has worked for over 25 years in a variety of areas and roles in health care, both within Canada and abroad, and is passionate about helping to create healthy work environments for health care providers.