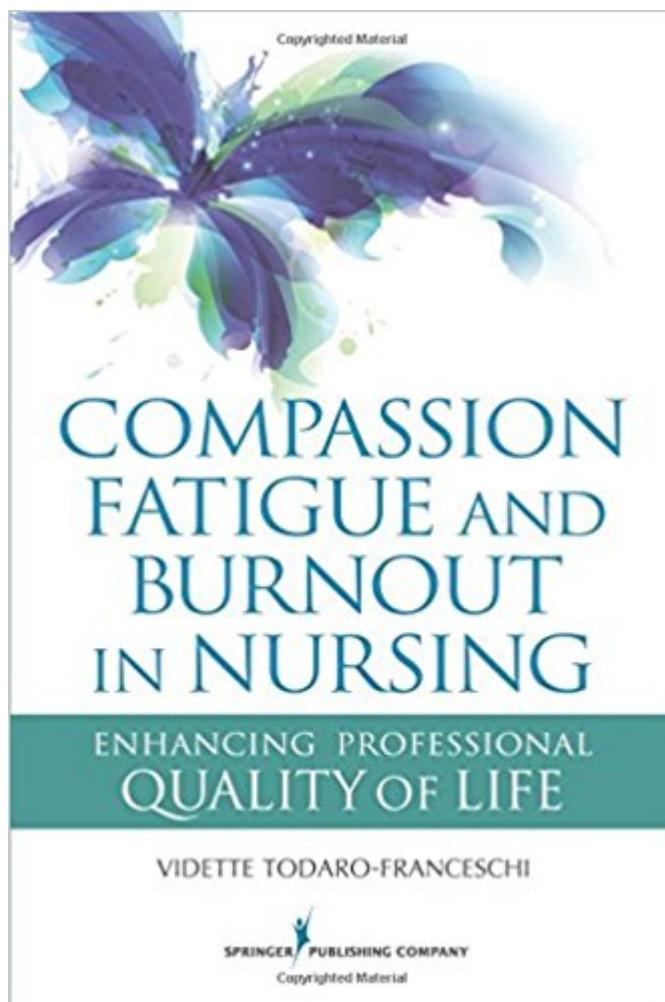


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# Compassion Fatigue And Burnout In Nursing: Enhancing Professional Quality Of Life



## Synopsis

"[T]his is an exceptional book and worth the investment for both the novice nurse who wants to proactively recognize compassion fatigue and for the experienced nurse who is struggling with professional quality of life."--Journal for Nurses in Professional Development "An excellent resource for all levels of nurses...Highly recommended."--Choice: Current Reviews for Academic Libraries "The book is a powerful expression of the needs of all nurses, whatever their practice setting, with an easily applied method of reaching out to our co-workers and other healthcare professionals to improve our own lives, and, ultimately, the welfare of our patients."--ANA-Maine Journal, The Newsletter of the American Nurses Association--Maine "This book provides insight and solutions to [compassion fatigue and burnout] and can save numerous nurses from leaving a loved and valued profession."--Advance For Nurses "Todaro-Franceschi has done a great service not only for nurses, but for all professional health care providers who will find this book helpful in sustaining compassion satisfaction while avoiding fatigue and, hopefully, preventing burnout."--The Forum "This book is a good resource for nurses interested in helping themselves or others maintain a connection with the purpose of their work."--Critical Care Nurse Compassion fatigue afflicts nurses working in all caring environments and has become a serious issue in health care institutions nationwide. This is the only book to specifically address this challenge and the related syndrome of burnout in nursing. It presents a unique healing model designed to identify, treat and, where possible, avert compassion fatigue with holistic strategies and action plans that help cultivate a healthier, more satisfying work environment. The volume addresses risk factors for and manifestations of compassion fatigue, burnout, and other related experiences such as PTS, death overload, collective trauma, and moral distress, and presents strategies to mediate and resolve these issues. The author emphasizes ways in which dissatisfaction influences the quality of patient care and calls for nurses to reinvent their work environments to favor compassion contentment. Case vignettes and exercises will help readers identify and alter patterns of negativity to reaffirm purpose in their professional lives. Key Features: Describes the positive and negative contributors to professional quality of life Explores the multifaceted nature of compassion fatigue and burnout, in nursing Addresses the unique risk factors for nurses who work in critical care/ER, oncology, medical/surgical, and palliative care areas Offers holistic self and group strategies and action plans to help leadership and staff nurses overcome compassion fatigue and promote work satisfaction Addresses gaps in education which contribute to the development of compassion fatigue and burnout Designed for nurses in stressful health care environments, and nurse educators and students

## Book Information

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## **Customer Reviews**

Listed on the Ultimate Reading List for Nurses published Feb 2014, LPNtoBSNonline "This book addresses the issue that all nurses eventually face at one time or another in their career, a loss of passion. The author takes readers on a journey to recapture their passion....Every nurse should read this book." --Doody's Review Service. "[T]his is an exceptional book and worth the investment for both the novice nurse who wants to proactively recognize compassion fatigue and for the experienced nurse who is struggling with professional quality of life." --Journal for Nurses in Professional Development "An excellent resource for all levels of nurses...Highly recommended." --Choice: Current Reviews for Academic Libraries "This book addresses the issue that all nurses eventually face at one time or another in their career, a loss of passion. The author takes readers on a journey to recapture their passion....Every nurse should read this book." The Doody's Review Service "The book is a powerful expression of the needs of all nurses, whatever their practice setting, with an easily applied method of reaching out to our co-workers and other healthcare professionals to improve our own lives, and, ultimately, the welfare of our patients." --ANA-Maine Journal, The Newsletter of the American Nurses Association--Maine "This book provides insight and solutions to [compassion fatigue and burnout] and can save numerous nurses from leaving a loved and valued profession." --Advance For Nurses

"[This book] provides nurses with a guide to understanding how to never let go of the centrality of compassion and caring to nursing and their work by taking care of themselves, valuing their work,

refusing to let others diminish their worth, and creating the conditions in which caring can thrive. The book is a must read for all nurses—not just those who are burned out. As Dr. Todaro-Franceschi notes, we must take good care of ourselves if we're to take good care of people. Doing so requires that we lead the creation of caring communities of work."

From the Foreword by Diana J. Mason, RN, PhD,

FAAN This is a strongly written book that will resonate with many nurses--not only bearing witness to their distress and giving voice to their experiences but also providing constructive steps to move forward." From the Foreword by Nessa Coyle, RN, ACHPN, PhD,

FAAN Consultant, Palliative and End-of-Life Care and Clinical EthicsCompassion fatigue afflicts nurses working in all caring environments and has become a serious issue in health care institutions nationwide. This is the only book to specifically address this challenge and the related syndrome of burnout in nursing. It presents a unique healing model designed to identify, treat and, where possible, avert compassion fatigue with holistic strategies and action plans that help cultivate a healthier, more satisfying work environment.The volume addresses risk factors for and manifestations of compassion fatigue, burnout, and other related experiences such as PTS, death overload, collective trauma, and moral distress, and presents strategies to mediate and resolve these issues. The author emphasizes ways in which dissatisfaction influences the quality of patient care and calls for nurses to reinvent their work environments to favor compassion contentment. Case vignettes and exercises will help readers identify and alter patterns of negativity to reaffirm purpose in their professional lives.Key Features: Describes the positive and negative contributors to professional quality of lifeExplores the multifaceted nature of compassion fatigue and burnout in nursingAddresses the unique risk factors for nurses who work in critical care/ER, oncology, medical/surgical, and palliative care areasOffers holistic self and group strategies and action plans to help leadership and staff nurses overcome compassion fatigue and promote work

satisfactionIdentifies gaps in education which contribute to the development of compassion fatigue and burnoutDesigned for nurses in all health care environments, nurse educators and students"

This book addresses aspects of nursing that don't get enough attention. A reader of this book may learn to be a better nurse, but gets there by learning to be a better human being overall. I'm currently a nursing student, and we're taught about treating the whole person, not just their disease. This book applies a holistic approach to the profession of nursing. It's "everything else" that nursing school doesn't teach you, in a format that's easy to read and full of meaningful anecdotes. Dr. Todaro-Franceschi speaks of dealing with compassion fatigue, burnout, patient suffering, death, and traumatic work environments. She offers ways to make positive changes. She speaks of energy, purpose, healthy work environments, and compassion. She applauds every single nurse (burned out or not), and empowers us all to shape our own lives (and consequently, our patients' lives) through positive and progressive choices. These choices revolve around self-awareness, mutual respect and support of ourselves and others, assertiveness, and self-advocacy. Dr. Todaro-Franceschi explains how "everything is one" and connected. When we treat ourselves and others with respect, everyone wins. This book is enlightening and empowering; and I feel that health care would progress greatly as a profession if more health care workers implemented the ideals taught in this book. I look forward to re-reading portions of this book with a new perspective as I work as a nurse after graduation.

A good read though I do not necessarily agree with all that this author wrote. Compassion fatigue= secondary traumatic stress and burn out the words are not interchangeable and far too many researchers are not paying attention to the gold standard research that clearly defines the terms.

I am a university professor in nursing. The book is great for defining students at risk.

This book is amazing! Dr. Todaro-Franceschi puts into words the emotions and situations all nurses experience on a day to day basis. It has helped me to reflect and improve not only the nursing care I provide but also my job satisfaction.

Great Product, as described.

I purchased this book for a research paper I was writing in nursing Grad school and it was very

helpful and well written. I enjoyed reading every word!

I would give this book 6 stars if I could! Read anything written by Vidette Todaro-Franceschi and you will immediately find the answer to the question "do angels exist here on Earth?" This book is a gift to anyone overworked, understaffed, bullied, tired, overwhelmed, hopeless, complacent or just plain unhappy. She addresses the complex issues surrounding the real challenges of working as a nurse today. Her powerful words bring hope and light to anyone feeling themselves under-appreciated and burnt out. This book offers solutions, like a bandaid for the soul. **READ THIS BOOK!**

Todaro-Franceschi's book is a must read not only for nursing professionals and students, but any health care professional interested in improving quality of life for both themselves and their patient/clients. She discusses many issues including professional collaboration, communication, and end of life care always promoting the idea of the individual caregivers strength coming from a patient-centered compassionate, ethical, and spiritual approach. The book is extremely readable, accessible and lays down a simple methodology for avoiding the many pitfalls that lead to burnout in the healthcare setting. It is simply, terrific.

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