Introduction

- Compassion fatigue (CF) emerged in the early 1990s in North America to explain a phenomenon observed in nurses employed in emergency departments.
- CF leads to emotional exhaustion, depersonalization, and an inability to work effectively.
- CP increase staff turnover and sick days and lead to patient dissatisfaction and risks to patient safety.
- AIM OF STUDY:
  - Create and evaluate the Watson Room designated as a “quiet zone” to reduce CF in clinical nurses at the bedside in acute care settings.

Methods

**DESIGN:** Single-group pre and post-survey design

**SETTING:** Acute Care Surgery, Level 1 Trauma Center

**SUBJECTS:** A convenience sample of 19 nurses

**PROCEDURE:**
- Professional Quality of Life Scale (ProQOL) pre- and post-survey via SurveyMonkey
- 30 item self-measurement of positive and negative aspects of caring.
- The ProQOL operationalizes in three subcategories: compassion satisfaction (10 items), burnout (10 items), and CF (10 items).
- Paired t-tests were used to measure mean differences using JMP statistical software
- IRB approval number is 02-01-16-026922

Results

- The ProQOL survey results showed statistically significant differences in the mean scores in all three categories.
- Paired samples t-tests indicate the Watson Room proved to be successful in increasing compassion satisfaction ($p = .009$), decreasing burnout ($p = .002$), and decreasing secondary trauma/CF respectively ($p = .02$).

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Std Dev</th>
<th>Post</th>
<th>Std Dev</th>
<th>P-value*</th>
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<tbody>
<tr>
<td>Compassion Satisfaction Scale</td>
<td>40.3</td>
<td>4.7</td>
<td>42.6</td>
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<td>Burnout Scale</td>
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</table>

Discussion

- The Watson Room proved to be successful in increasing compassion satisfaction, decreasing burnout, and decreasing secondary trauma/CF respectively.
- This study shows the importance of nurses taking care of themselves while taking care of others. Understanding CF and devising and implementing interventions to address the subject are important for nurses and patients.

Conclusion

Understanding CF; recognizing the signs and symptoms, and identifying best practice interventions help nurses maintain a caring attitude.

*References available upon request.*