

TOPIC: **IN SUPPORT OF FOSTERING COMPASSIONATE CARE BY ENCOURAGING SELF-CARE AND RESILIENCE IN NURSING STUDENTS**

SUBMITTED BY: **STUDENT NURSING ASSOCIATION OF VIRGINIA (SNAV)**
City/State: Charlottesville, VA

AUTHORS: **Rachael Zrimm, Anna Jent, Katie Parr**

WHEREAS, the National Student Nurses' Association (NSNA) House of Delegates in 2014 adopted the resolution "In Support of Increasing Awareness and Education about Critical Incidence Stress Debriefing" , in 2017 the resolution "In Support of the Implementation of Critical Incidence Stress Debriefing (CISD) Policy within nursing education programs", and in 2017 the resolution "In Support of Incorporating Compassion Fatigue Awareness into the Scope of Interprofessional Education (IPE) curricula"; and

WHEREAS, The use of self care, or lack thereof, has an influence over providing compassionate care to others. "Self-compassion and compassion for others appear to be closely linked to each other as self-compassion makes it easier to understand and deal with the suffering of others (Gustin & Wagner 2013)." The addition of self care and self-compassion to nursing curricula may improve the longevity of compassionate care in clinical practice as well as potential burnout rates.; and

WHEREAS, A longitudinal study looking at 60 BSN students found that, "successful stress management involves relaxation techniques that can be practiced to promote homeostasis, and growth activities, or coping strategies, to help individuals develop the resources to deal with the underlying sources of stress (Hensel & Laux, 2014, p. 229)"; and

WHEREAS, One article titled Building Resilience by Cultivating Compassion explains that cultivating compassion for one's own suffering could increase compassion for patients for whom they care. Cultivating compassion, such as through loving-kindness meditation workshops, can help create healthy work environments, and decrease burnout and compassion fatigue in health care providers. The article suggests incorporating exercises to build self-compassion into a training plan for students pursuing careers in healthcare, as a strategy to to build resilience and compassion (Beaumont, 2016, p. 24-25); and

WHEREAS, The University of Virginia's Compassionate Care Initiative weaves instruction about resilience into the nursing curriculum. The initiative was based off of the research-backed idea that practicing compassion and mindfulness will encourage caregivers to engage in resilient behaviors. (Fontaine, Bauer-Wu & Germano, 2014); therefore be it

RESOLVED, that that the Virginia Nursing Students' Association (VNSA) recommend to schools of nursing the creation of programs that encourage self-care and offer activities to foster resilience, such as mindfulness education and mediation, yoga, and relaxation classes; and be it further

RESOLVED, that that VNSA hold breakout sessions about self-care and resilience at the Annual Convention; and be it further

RESOLVED, that the VNSA send a copy of this resolution to the Virginia Nurses' Association, and all others deemed appropriate by the VNSA Board of Directors.

References

- Beaumont, E. (2016). Building Resilience By Cultivating Compassion. *Healthcare Counselling & Psychotherapy Journal*, 16(3), 22-27.
- Fontaine, D. K., Bauer-Wu, S., & Germano, D. (2014). The Architecture of Resilience. Retrieved from https://www.huffingtonpost.com/dorrie-k-fontaine/the-architecture-of-resil_b_4560762.html?1389188551
- Hensel, D., & Laux, M. (2014). Longitudinal Study of Stress, Self-care, and Professional Identity Among Nursing Students. *Nurse Educator*, 39(5), 227-231. doi:10.1097/NNE.0000000000000057
- Wiklund Gustin, L., & Wagner, L. (2013). The butterfly effect of caring - clinical nursing teachers' understanding of self-compassion as a source to compassionate care. *Scandinavian Journal Of Caring Sciences*, 27(1), 175-183. doi:10.1111/j.1471-6712.2012.01033.x

Abstract

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This resolution aims to increase awareness about cultivating compassionate care among nursing students. Engaging in self-care activities and practicing resilience tactics helps to foster compassionate care and protect against burnout and turnover in nursing. Caring for oneself is a prerequisite for effectively caring for others.

Cost

\$0

Breakout session speakers would ideally come without charge

Notifying the organizations about the resolution would be done by VNSA board members