Invigorating Compassion

Brand: Heartbeat Academy
Product Code: 1135

Price: $30.00

Short Description
Compassion fatigue and burnout often deprive healthcare providers of altruistic motivations and attributes that initially attracted them to caregiving. Aside from the recommendations for a healthier lifestyle, little has been offered to assist those in caring occupations to nurture their empathetic resiliency
and enduring passion for helping others in need. This course helps care providers reclaim their compassionate zeal by uncovering factors that can derail empathetic caregiving; it also provides practical applications that are beneficial both personally and professionally.

This course offers continuing education contact hours for nurses. Provider approved by the California Board of Registered Nursing, Provider Number CEP 16061 for 1.00 contact hours.

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Course published in 2025.

Outline

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I. Reflection and Compassionate Care Concepts
A. Introduction
1. Course Goals
2. Career Reflection
3. Benefits for Patients and Caregivers
B. Assessment
1. ProQOL Version 5
2. Short Compassion Fatigue Scale
II. What Is Burnout and Compassion Fatigue
A. Definitions
1. Burnout
2. Compassion Fatigue
3. Vicarious Trauma
B. Risk Factors
1. Occupational and Personal
2. Mental and Physical
C. Trajectory of Compassion Fatigue: Compassion Deterioration and Reinvigoration Model
2. Pathology and Victimization or Maturation and Renewal
III. Self-Compassion and Resilience [Practical Application]
A. Practical Application: Self-Care Action Plan
B. Barriers to Self-Care
C. Boundaries and Self-Advocacy
D. Debriefing
E. Resiliency Practices
1. Life-Long Learner Strategy
2. Reinvigorating Zeal for Empathetic Caregiving
1. Phases (Zealot, Withdrawal, Irritability, and Zombie)

Refund Policy

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