



THE IMPACT OF A COMPASSION FATIGUE CURRICULUM ON PROFESSIONAL QUALITY OF LIFE AND HOPE IN PROFESSIONALS AT-RISK FOR SECONDARY TRAUMATIC STRESS

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INTRODUCTION

While the impact of secondary traumatic stress (STS) on “helping” professions has been a topic of discussion for decades, little is still being done in the form of evidence-based interventions to mitigate STS.

OBJECTIVE

To evaluate if the implementation of a psychoeducational curriculum would lead to a decrease in burnout, and STS, and an increase in compassion satisfaction in participants.

METHODS

Participants (N=18)

Social Workers embedded at OU-Tulsa Clinics

Attorneys from Legal Aid Services of Oklahoma in Tulsa, OK

Course

Hour long monthly classes were held for one year

The Compassion Fatigue Workbook: Creative Tools for

Transforming Compassion Fatigue and Vicarious Traumatization

Supplemental readings chosen by the investigators.

Surveys

The Professional Quality of Life Scale (ProQOL) was administered pre- mid-, and post-course.

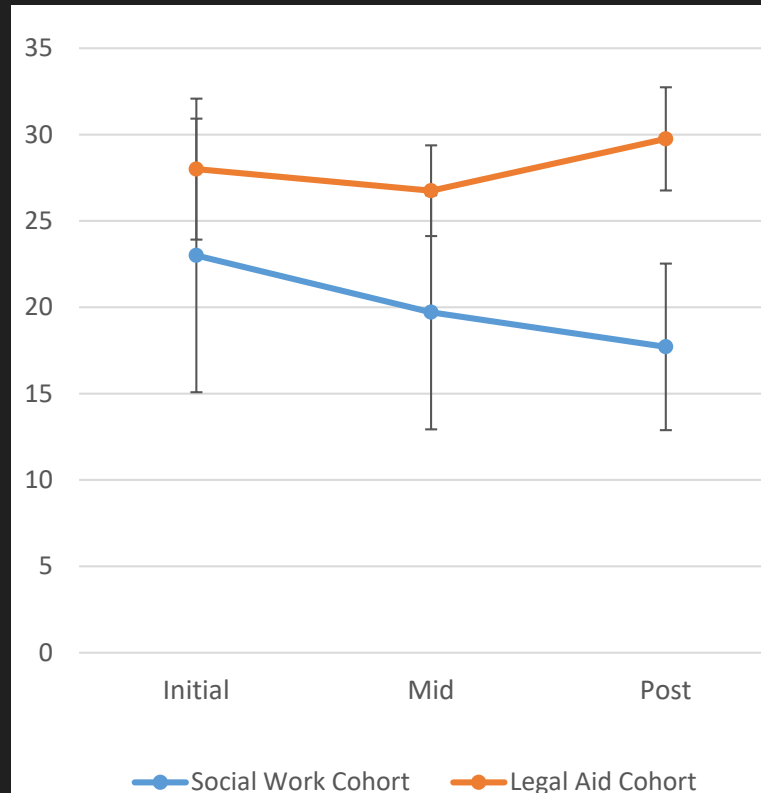
Analysis

A repeated measures analysis was conducted for each measure (e.g., STS) by cohort.

RESULTS

Out of 18 initial respondents, 11 completed each of the three assessments (Social Work n=7; Legal Aid n=4).

STS Scores Through Time



DISCUSSION

Social Work Cohort

- The decrease in STS score across time was statistically significant $F(2,12)=6.483$, $p=0.012$.
- While not statistically significant, scores for burnout and compassion satisfaction improved.

Legal Aid Cohort

- STS score increased between mid- and post-tests. This may be a reflection of unusual administrative burden during the early stages of the pandemic.
- While not statistically significant, scores for burnout and compassion satisfaction improved.

CONCLUSION

The small sample size likely contributed to some scores not being significant. Further evaluation with additional cohorts is needed to determine the impact of the program over time.

REFERENCES

- Mathieu F. The compassion fatigue workbook: Creative tools for transforming compassion fatigue and vicarious traumatization. Routledge; 2012.
- Stamm BH. The ProQOL (Professional Quality of Life Scale: Compassion Satisfaction and Compassion Fatigue). ProQOL website. 2010. Accessed August 25, 2020. ProQOL.org.