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NP Bookshelf

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COMPASSION FATIGUE AND BURNOUT IN NURSING: ENHANCING PROFESSIONAL QUALITY OF LIFE

Vidette Todaro-Franceschi

New York: Springer Publishing Company; 2013, 210 pages,
paperback \$45

This book is not just for nurses who care for the dying patient but for all nurses who find themselves at some point in their career feeling burned out, dissatisfied with work life, bullied, or lacking a sense of meaning and purpose in their professional quality of life. Todaro-Franceschi identifies the causes of compassion fatigue and burnout as being multifactorial, yet having a core symptom of the nurse internalizing suffering to the point that it negatively transforms the care a nurse can give. The target audience is wide, with application to current practitioners, students, nurse educators, and anyone working in any type of health care environment.

Todaro-Franceschi's work is divided into 5 parts covering valuable topics: professional quality of life, ethics of caring, compassion fatigue and burnout, facing death, and beating the odds. Concepts are defined and illustrated with real-life stories. In addition, the author makes relevant references to notable nursing theorists, including Leininger (1984), Watson (2008), and Rogers (1970), which provides a framework for examining the types of care we provide as nurses. A notable theme throughout the text is the idea of the need for nurses to speak up and give a voice to making changes not only within one's

self, but also in the health care organizations that are the medium from which nurses provide compassionate care. The author purports the use of the Acknowledge, Recognize, and Turn (ART) healing model as a way to enhance professional quality of life. Although simplistic at times, the author calls for the use of strategies well proven in other disciplines to reaffirm purpose in our professional lives.

This is not a textbook, but rather a book where readers should be prepared to engage in deep reflection about their current and future practice. Well-selected case vignettes and exercises help readers identify problems and how to move toward a solution-focused approach with grounded strategies to mitigate or resolve issues that impact care or a nurse's well-being.

The appendix includes several quickly accessible tools that can be utilized for self-assessment: the Professional Quality of Life scale and the Perception of Preparedness and Ability to Care for the Dying scale. At the end of the book, the author has compiled a list of internet resources with summaries to guide the reader to the appropriate information for coping strategies, self-surveys, reference and teaching materials, publications, links to researchers, and e-consultation. This book is an excellent resource that nurses can refer to as they address the inevitable varied challenges they will face in their professional career. **JNP**

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