

The Role of Cancer-Care Providers' Empathy and Mindfulness in the Development of Burnout and Compassion Fatigue: An International Study



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Background

- ▶ A systematic review of burnout among oncology professionals reported 8-51% suffer burnout (Trufelli et al. 2008)
- ▶ Emotional disturbances arise when health professionals are witness to the pain and suffering of their patients (Najjar et al., 2009).
- ▶ Frequent exposure to such emotional disturbances can lead to an overall decrease in empathy, which may contribute to burnout and compassion fatigue (Gilmartin et al., 2017).
- ▶ Mindfulness exercises, such as meditation, may foster empathy, and decrease effects of burnout and compassion fatigue (Ridderinkhof et al., 2017).

Aim

- ▶ The aim of the current study is to determine the role of empathy and mindfulness in the development of burnout and compassion fatigue in cancer-care professionals internationally.

Method

- ▶ A cross-sectional, quantitative survey design.
- ▶ Participants will be members of Multinational Association of Supportive Care in Cancer (MASCC).
- ▶ The survey will be in English and will comprise demographic and professional data, and measures of;
 - ▶ Empathy – Basic Empathy Scale (BES; Jolliffe & Farrington, 2006).
 - ▶ Compassion Fatigue – The Professional Quality of Life Scale (PROQOL5; Stamm, 2010).
 - ▶ Burnout – Oldenburg Burnout Inventory (OLDBI; Demerouti, Bakker, Vardakou, & Kantas, 2003).
 - ▶ Mindfulness – Mindfulness Attention Awareness Scale (MAAS; Brown & Ryan, 2003).
- ▶ Structural equation modelling (SEM) will be used to analyse the relationships between the latent variables and investigate possible mediating influence from the mindfulness construct.

Implications

- ▶ Determine prevalence of burnout and compassion fatigue amongst an international sample.
- ▶ Analyse the relationship of compassion fatigue and burnout for covariance, implications for a possible unified construct.
- ▶ Measure the mediating effect of mindfulness on burnout and compassion fatigue.
- ▶ Provide support for future experimental research for mindfulness-based interventions.

To participate

- ▶ Go to https://curtin.au1.qualtrics.com/jfe/form/SV_0Amh7KykRcSRegB
- ▶ Contact
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- ▶ This study has been approved by the Curtin University Human Research Ethics Committee [HRE2018-0355]

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