

Module 23

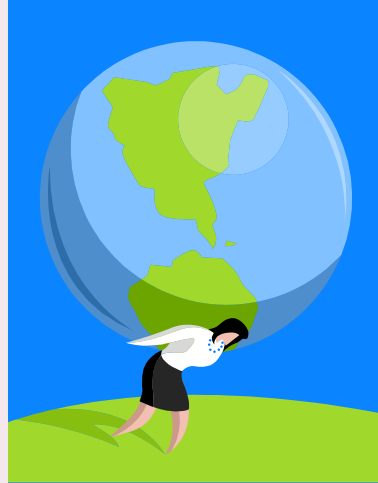
STRESS MANAGEMENT

Objectives

- At the end of the module, the nurse aide will be able to:
 1. Understand why home care aides might experience stress
 2. Identify possible symptoms of burnout or compassion fatigue
 3. List several stress reduction techniques

Stress Management

- Being in a care giving profession such as a home care aide can have many sources of stress
- Caring for someone else can be physically challenging



Stress Management



- Burnout and compassion fatigue are more than feelings of stress at work
- They encompass the physical, emotional, and/or spiritual exhaustion that can seem to take over a person

Stress Management

- People carry burden and stress many different ways
- Symptoms of burnout and compassion fatigue can have a very gradual onset



Stress Management

- **Handout #1 – Symptoms of Burnout**



Stress Management

- High absenteeism
- Inability to work in teams or groups
- Desire to break company rules
- Outbursts of aggression
- Inability to complete assignments
- Lack of flexibility
- Inability to respect other staff or meet deadlines
- Negativism towards workplace or management
- Reluctance towards change
- Lack of positive vision for the future

Stress Management

- Who is most at risk of developing burnout or compassion fatigue?

ANYONE

Stress Management

- Home care aides often times do not take the time for themselves that they truly need and deserve
- Getting help with burnout or compassion fatigue will give you the physical and emotional energy needed to do your daily activities – both personally and professionally



Stress Management

- **Handout #2 – Stress Reduction**



Stress Management

- **Activity #1 - PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL) Compassion Satisfaction and Fatigue**



- Be sure to voice any concerns or stressful issues/situations to your supervisor. You do not need to carry a burden by yourself, and perhaps your supervisor will be able to give you guidance and help with your stressful situation.