



Concept Analysis Template

Name:XXX.....

Definition/Explanation of the selected nursing concept:

Compassion fatigue is a concept first introduced in healthcare by a nurse, Carla Joinson in 1992. Harlin et al. (2020), explains that Joinson believed that nurses see themselves as caregivers and nurturers and are more affected personally by their patient's sufferings and for that reason will sacrifice their own well-being for the sake of helping others. Compassion fatigue can have many adverse effects for not only the nurse or nurse practitioner but also towards positive patient outcomes. There are many definitions pertaining to compassion fatigue as it is related to healthcare professionals. According to Harlin et al (2020), "compassion fatigue refers to the negative affects of being exposed to patients' sufferings "(p.1). In an article by Steinheiser et al. (2020), compassion fatigue is described as "a stress response from being emotionally overwhelmed when providing care for others and is composed of two components: burnout and secondary traumatic stress " (p. 321).

The word compassion is used as a noun and has a dictionary definition as, "a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate suffering "(dictionary.com, 2021). The word fatigue can be used as a noun, an adjective or a verb. The noun form of the word fatigue means, "weariness from bodily or mental exertion. A cause of weariness; slow ordeal; exertion