Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with emphasis of Family Nurse Practitioner

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BSN in Nursing, May, 2016, Central Methodist University

Compassion Fatigue and the Emergency Department Nurse

Date: July 8, 2020
Time: 8:10 a.m. to 8:45 a.m.
Place: Remote

Abstract
Problem The emergency department (ED) is an environment of high stress. Nurses who are exposed to high stress for long periods of time are subject to compassion fatigue (CF). The purpose of this quality improvement project was to identify and reduce the level of CF in ED nurses with the implementation of Real Time Transformative Response® (RTR) training. RTR is a combination of neurofeedback response awareness, biofield therapy intervention, and the clearing of unwanted energy.

Method A purposeful sample of ED nurses working at a moderately-sized, suburban, Midwestern hospital ED who were scheduled to work 24-hours per week or more completed a Professional Quality of Life Scale (ProQOL 5; version 5) before and after RTR training over a three-month period.

Results A total of 34 ED nurses (N=34) completed RTR training and ProQOL 5 surveys. The mean scores pre-and post-RTR training: compassion satisfaction was 3.59 (sd = 0.9521) increased to 3.95 (sd = 0.7766) (p = 0.000), burnout was 2.71 (sd = 1.1501) decreased to 2.36 (sd = 0.9120) (p = 0.000), and secondary traumatic stress was 2.45 (sd = 1.0002) decreased to 2.25 (sd = 0.9143) (p = 0.0017). The difference between the three category means were all statistically significant.

Implications for practice Training on RTR as a mechanism to decrease CF in ED nurses has implied improved coping when working in a stressful environment. Training ED nurses in RTR may improve their ability to cope with stress and decrease the incidence of CF.

Defense of Dissertation Committee
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