

Schwartz Rounds: Further Resources

November 2022

“Compassion fatigue”

If you found the discussion interesting you may like some more information.



Videos

Khan, S. (2019) *TEDTalk: How to deal with compassion fatigue*. Available at: https://www.ted.com/talks/sharmeen_khan_how_to_deal_with_compassion_fatigue

Watt, J. (2018) *TEDTalk: Compassion Fatigue: What is it and do you have it?* https://www.ted.com/talks/juliette_watt_compassion_fatigue_what_is_it_and_do_you_have_it

Cunningham, A. (2016) *TEDTalk: Drowning in empathy: The cost of vicarious trauma*. <https://www.youtube.com/watch?v=Zsaorjlo1Yc>

Podcasts

BBC News World Service (2020) *The Why Factor: Compassion Fatigue*. Available at: <https://www.bbc.co.uk/programmes/w3cswrkk>

BBC News World Service (2021) *The Documentary: Compassion fatigue*. Available at: <https://www.bbc.co.uk/programmes/w3ct1gv6>

You are not a frog (2019) *Compassion Fatigue with Agnes Otzelberger*. Available at: <https://youarenotafrog.com/episode-10-what-were-talking-about-when-we-talk-about-compassion-fatigue/>



Online Resources

Compassion Fatigue Awareness Project (2022) *You are not alone*. Available at: <https://compassionfatigue.org/index.html> Try out the **Self-tests for Awareness** section to identify symptoms of Compassion Fatigue- <https://compassionfatigue.org/self-tests.html>

Mileski, K. (2021) *How to turn compassion fatigue into healthy empathy*. Available at: <https://propelphysiotherapy.com/general-health-and-wellbeing/mental-health/how-to-turn-compassion-fatigue-into-healthy-empathy/> (Accessed: 14 November 2022).

Twitter [#Schwartzround](#) [#schwartzrounds](#) [@PointofCareFdn](#) [@GEHSchwartz](#)

Journal Articles- (Sign in with your NHS Open Athens account for full text unless otherwise stated. Get a free OpenAthens account here- <https://openathens.nice.org.uk/>).

Maben, J. *et al.* (2022) **‘You can’t walk through water without getting wet’ UK nurses’ distress and psychological health needs during the Covid-19 pandemic: A longitudinal interview study**, *International Journal of Nursing Studies*, 131 (July). Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8976696/>

McKinley, N. *et al.* (2019) **‘Resilience, burnout and coping mechanisms in UK doctors: a cross-sectional study**, *BMJ Open*, 10, e031765. Available at: <https://bmjopen.bmj.com/content/bmjopen/10/1/e031765.full.pdf> (Accessed: 14 November 2022).

Nishihara, T. *et al.* (2022) **‘Compassion fatigue in a health care worker treating COVID-19 patients: a case report**, *BioPsychoSocial Medicine*, 16 (10). Available at: <file:///C:/Users/masonl/Downloads/s13030-022-00239-0.pdf> (Accessed: 14 November 2022).

Maben, J. *et al.* (2018) **‘A realist informed mixed methods evaluation of Schwartz Center Rounds in England**, *Health Services and Delivery Research*, 6(37). Available at: <https://www.journalslibrary.nihr.ac.uk/hsdr/hsdr06370#/full-report> Or read the Plain English summary here- National Institute for Health and Care Research (2019) **A reflective group activity support healthcare staff in England**. Available at: <https://evidence.nihr.ac.uk/alert/a-reflective-group-activity-supports-healthcare-staff-in-england/>

Books



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