



What does the mental health of Nurses look like currently?



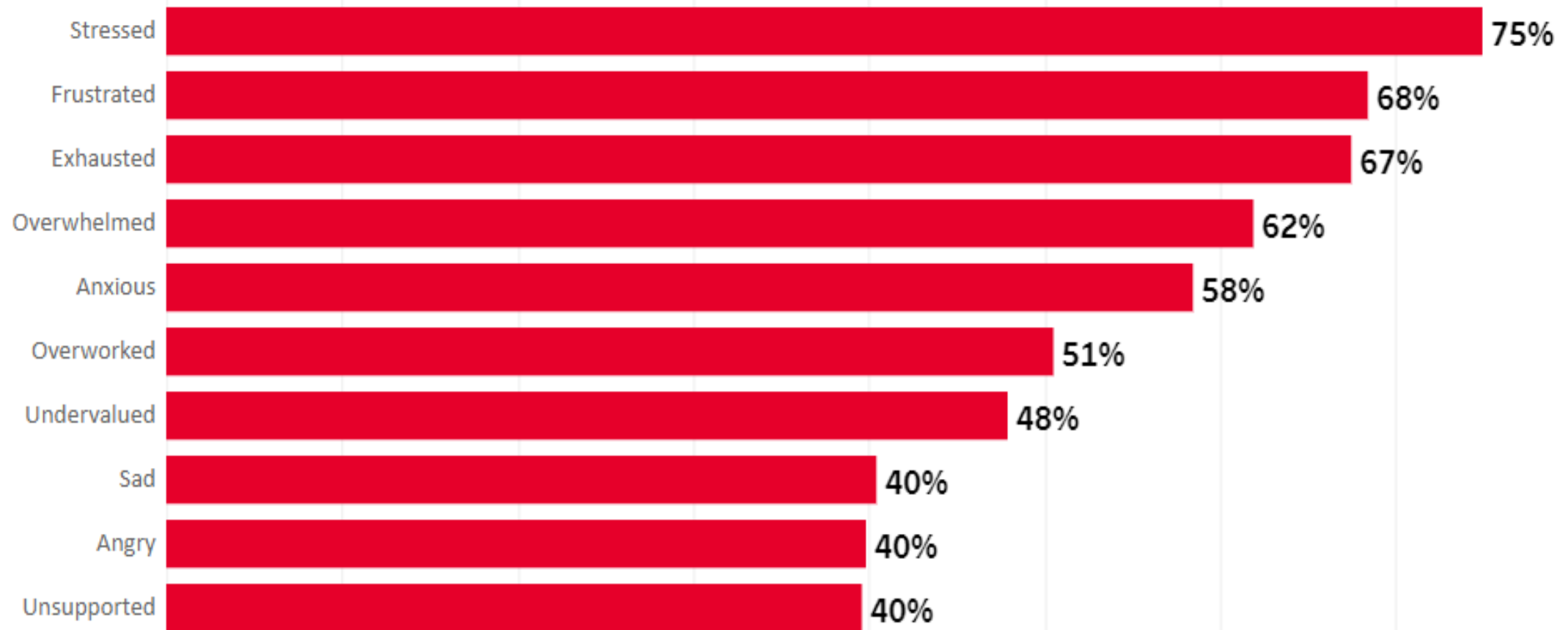
AMERICAN NURSES  
FOUNDATION

**COVID-19 Survey Series:  
Mental Health and Wellness 3**

US Respondents

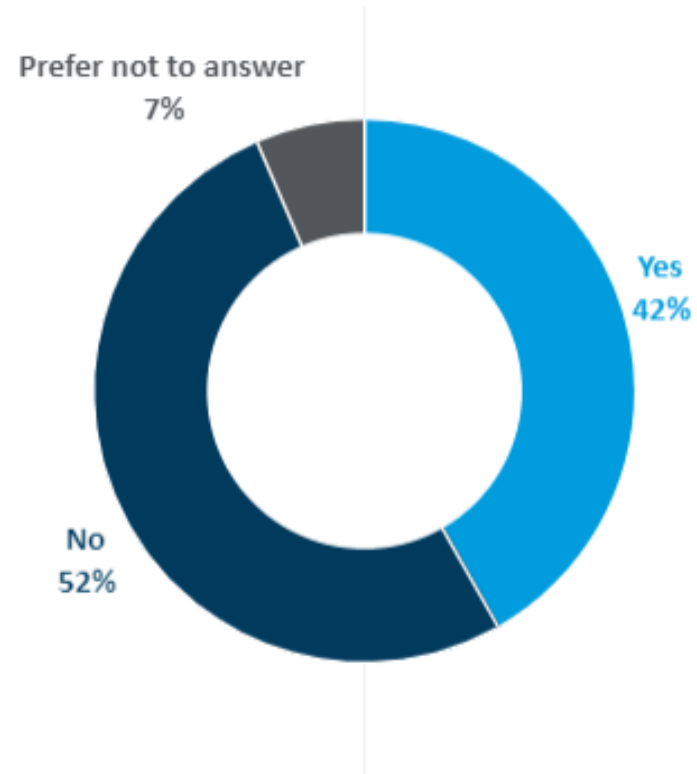
9,572

## In the past 14 days, have you experienced any of the following feelings?



## Trauma and 6-Item Post-Traumatic Panel

Have you had an extremely stressful, disturbing, or traumatic experience due to COVID-19?



Extremely    Quite a bit    Moderately    A little bit    Not at all

For those who have experienced a traumatic event: Please indicate how much you have been bothered by the following problems in the past month.

Avoided activities or situations because they reminded you of your experience



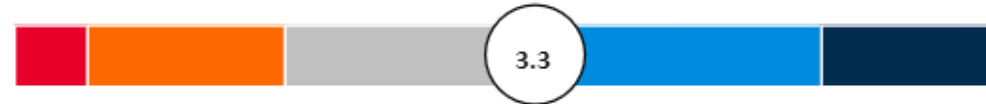
Difficulty concentrating



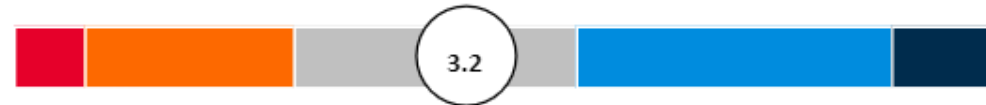
Feeling distanced or cut off from other people



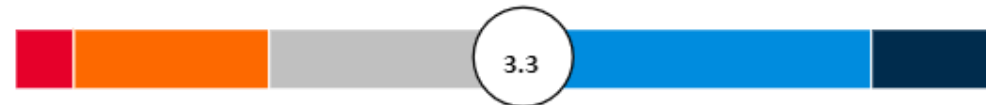
Feeling irritable or having angry outbursts



Feeling very upset when something reminded you of your experience



Repeated, disturbing memories, thoughts, or images of your experience





# How Resiliency Can Defeat Vicarious Trauma

Kate Phillips, MSN, RN, CEN, SANE





*Have you had a case in which your patient went through so much trauma you were personally affected from it?*

# *Vicarious Trauma*

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“Persons who work with victims who experience profound psychological effects, effects that can be disruptive and painful for the helper and can persist for months and years after working with the traumatized persons.” <sup>(1)</sup>



# Similar Concepts

- Secondary Trauma
- Compassion Fatigue
- Post Traumatic Stress Disorder



# *Effects of Vicarious Trauma on the Nurse*

- Question personal beliefs
- Psychological
- Professional Practice



# *How to Assess-Vicarious Trauma Scale*

Strongly Disagree-1

Disagree-2

Slightly Disagree -3

Neither agree or disagree-4

Slightly Agree-5

Agree-6

Strongly Agree -7

1. My job involved exposure to distressing materials and experiences.
2. My job involves exposure to traumatized or distressed clients.
3. I find myself distressed by listening to my clients' stories and situations.
4. I find it difficult to deal with the content of my work.
5. I find myself thinking about distressing material at home.
6. Sometimes I feel helpless to assist my clients in the way I would like.
7. Sometimes I feel overwhelmed by the workload involved in my job.
8. It is hard to stay positive and optimistic given some of the things I encounter in my work.

# Scoring

Low vicarious trauma

- 8-28

Moderate vicarious trauma

- 9-42

High vicarious trauma

- 43-56



# *Resiliency*

“an ability to recover from or adjust easily to adversity or change” (6)

# Building Resiliency in Yourself

- Work-life balance







# Building Resiliency in Yourself

- Positive thought



# Building Resiliency in Yourself

- Self-Care



# Building Resiliency in Yourself

- Ask for help





# Building Resiliency in Your Team

- Discussion of VT
  - Support
  - Attuned to Withdrawal
  - Debrief





THE BAMBOO THAT BENDS  
IS STRONGER THAN THE  
OAK THAT RESISTS

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-Japanese Proverb

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