

Nursing Health Survival Guide Compassion Caring A

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This essential Nursing Health Survival Guide offers invaluable insights for professionals, emphasizing the critical role of Compassion and Caring in daily practice. Discover practical strategies to maintain your own well-being while providing empathetic patient care, ensuring a sustainable and fulfilling career in healthcare.

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Nursing & Health Survival Guide: Compassion, Caring and Communication

Compassion, caring and communication are all fundamental parts of patient care and something all health and social care workers encounter on a daily basis. This user-friendly reference guide will help you care for your patients in a person-centred way. The Nursing & Health Survival Guides have evolved - take a look at our app for iPhone and iPad.

Nursing & Health Survival Guide: Evidence Based Practice

Taking an evidence-based approach is fundamental to ensuring good clinical practice, but it's not always easy. This info-packed guide will be an invaluable resource throughout your healthcare or nursing studies and post-registration, helping you to understand the essentials of EBP theory and application, and develop new insights into healthcare practice. The Nursing & Health Survival Guides have evolved - take a look at our app for iPhone and iPad.

Nursing & Health Survival Guide: Essential Clinical Skills

Whether you're a student nurse on clinical placement or a healthcare worker on a busy ward, you need practical guidance at your fingertips, fast! This pocket-sized guide will help you to provide safe, effective, everyday patient care. The Nursing & Health Survival Guides have evolved - take a look at our app for iPhone and iPad.

Nursing & Health Survival Guide: Palliative Care

This easy-to-use guide provides a quick reference to the principles of palliative and end-of-life care for adults, to help you enable your patients to not only die peacefully but also live until they die. The Nursing & Health Survival Guides have evolved - take a look at our app for iPhone and iPad.

Nursing & Health Survival Guide: Record Keeping

Effective record keeping is a sign of safe and skilled Nurses and Midwives and is a legal requirement for all Healthcare professionals. This pocket-sized guide provides you with the tools to write clear and concise records. The Nursing & Health Survival Guides have evolved - take a look at our app for iPhone and iPad.

Nursing & Health Survival Guide: Mentorship

Mentoring and practice assessment is an increasingly important aspect of your ongoing professional development, but can be challenging. This pocket-sized guide will provide you with essential tips to ensure you and your students really get the most out of the experience. The Nursing & Health Survival Guides have evolved - take a look at our app for iPhone and iPad.

Nursing & Health Survival Guide

Every contact with your patient is an opportunity for clinical assessment. Ideal for quick reference, this pocket-sized guide puts all the crucial information at your fingertips.

Compassion, Caring and Communication

Compassion and caring are at the very heart of nursing – possibly that's why you were attracted to the nursing profession in the first place. But what does compassionate caring really mean in nursing practice? *Compassion, Caring and Communication: Skills for Nursing Practice* is a practical book that guides you through the complex dimensions of caring. It considers the ways in which you connect with patients, families and co-workers, and the long-lasting impact of emotions and feelings. Using real-life narratives, case studies and reflection activities, the authors demonstrate how you can develop and maintain the empathy and communication skills you need to create effective, compassionate and caring partnerships. New to the second edition: Comprehensively updated throughout to reflect and highlight current professional pressures and public concerns around nursing practice. Includes a broader range of relevant case studies, discussions and scenarios to engage students and qualified nurses at all levels. Contains new content about the impacts of recent government reports and policies on nursing care, developing an awareness of contemporary issues and debates. The BOND caring framework has been revised and updated alongside new 'caring indicators', to support the development of compassionate caring skills. All references have been updated using the latest sources and evidence-based studies.

A Nurse's Survival Guide to Critical Care - Updated Edition

A Nurse's Survival Guide to Critical Care - Updated Edition E-Book

Staff Nurse Survival Guide

This handy second edition uses the same easy to read question and answer format as the first, containing over 80 questions and answers from 19 different specialists. It is divided into five chapters and covers topics such as:- Dealing with complaints, Mental health, Clinical supervision, Dealing with aggression and bereavement, Central venous pressure monitoring, Mentoring a student

End-of-life

This sensitively written book offers a wealth of insight and practical advice for nurses in every specialty and setting providing end-of-life care. Nurses will learn how to address patients' spiritual concerns, ensure that physical needs are met, help patients maintain their dignity, and provide emotional support to grieving families. Nurses will also learn how to cope with their own feelings about dying and end-of-life care. Coverage includes stages of dying, nursing interventions for palliative care, pain control, alternative therapies, physical and psychological signs of grieving, and more. Vignette insights from the well-known end-of-life specialist Joy Ufema offer advice on giving compassionate care.

Palliative Care

This easy-to-use guide provides a quick reference to the principles of palliative and end-of-life care for adults, to help you enable your patients to not only die peacefully but also live until they die. The Nursing & Health Survival Guides have evolved - take a look at our app for iPhone and iPad.

Compassion in Nursing

Compassion has become a prominent issue in health policy and practice and the recommendations of the Francis Report and the Berwick Review emphasised the need for compassion in care. This timely and important text book provides a valuable resource for practicing and student nurses which examines compassion in depth, but from a real world perspective. It appreciates and discusses the emotional labour of care and the realities of practice which can make 'caring' and 'having compassion' feel like a difficult and impossible task. This is an essential guide for those seeking clarity and depth in the analysis of compassion in contemporary nursing. Whether on a pre-qualifying undergraduate degree or an experienced practitioner, this is a must-have book for anyone interested in creating a compassionate health service.

The Clinical Placement

'The Clinical Placement' is a survival tool for nursing students and those that support them throughout their clinical learning journey: mentors, facilitators, academics, clinical partners and registered nurses.

School Nurse Survival Guide

The book gives guidance and practical advice about working in the community and the specialist role of school nursing. It includes contributions from newly qualified school nurses to provide reflections on their experiences, challenges and successes.

Staff Nurse Survival Guide

Consisting of over 80 questions and answers from 19 different specialists, the Staff Nurse Survival Guide contains ideas, principles and guidelines for a number of common and sometimes unexpected situations that newly qualified nurses are likely to encounter. Designed to be a quick reference for everyday use, this book provides readers with key information to tackle daily tasks at work with confidence. Covers topics such as: dealing with complaints, mental health, clinical supervision, aggression, bereavement, central venous pressure monitoring, mentoring a student and much more. The questions are divided into five chapters: dealing with the unexpected, clinical nursing skills, dealing with bereavement and palliative care, principles of medication and the role of the staff nurse.

Compassion and Caring in Nursing

'Compassion, in its many manifestations, is the key to rediscovering what lies at the heart of nursing practice all over the world. It is absolutely essential that nurses start to revisit compassion as a central focus for nursing practice...' This user-friendly book adopts a patient-centred approach to care. The challenging theories are grounded in practical applications, encouraging readers to recognise opportunities for change in their daily practice. The book focuses on six key concepts central to compassionate care: A*

A Nurse's Survival Guide to the Ward

StrongNursing Student's Adult Mental Health Survival Guide eBook.

Nursing Student's Adult Mental Health Survival Guide EBook

Introducing Mystic's Survival Guide for Nurses: The Common Sense Flip! Discover resilience and empowerment in the face of nursing's challenges with this essential guide. Perfect for both novice and experienced nurses, this book offers valuable insights and practical strategies to overcome stress, navigate new roles, and conquer burnout, fostering a fulfilling and successful nursing career. Get ready to embark on an extraordinary journey through the thrilling world of nursing, guided by the wisdom and expertise of Mama Mystic. In this captivating guide, Mystic, a seasoned nurse with over 26 years of experience, shares invaluable secrets and insights to help you navigate the challenges and triumphs of being a nurse. With a touch of humor and a dash of common sense, Mystic takes you by the hand and leads you through the maze of healthcare with grace and confidence. The Common Sense Flip methodology lies at the heart of this guide, offering a transformative approach to common tasks that often cause stress and anxiety. Mystic's tried and tested techniques will empower you to make logical decisions, handle difficult situations with ease, and provide efficient and compassionate patient care. Mystic understands the unique struggles faced by nurses, from moral injury to self-discipline, and

addresses them head-on with empathy and understanding. With a conversational tone that promotes patient safety and teamwork, Mystic emphasizes the importance of collaboration, communication, and cultural sensitivity in delivering exceptional care. Inside this invaluable guide, you'll find practical tips on effective communication, handling difficult patients, and navigating challenging team dynamics. You'll learn how to speak the language of compassion and understanding, and how to defuse conflicts like a true peacemaker. Mystic's Survival Guide for Nurses goes beyond the day-to-day tasks and dives into the deeper aspects of nursing, exploring the future of the profession and the importance of self-care. Mystic shares stories of triumph and resilience, inspiring you to embrace your nursing superpowers and become the hero you were meant to be. So, strap on your stethoscope and get ready to embark on a transformative adventure with Mystic as your guide. Let the Common Sense Flip methodology be your compass as you navigate the highs and lows of nursing. With Mystic's Survival Guide for Nurses in your arsenal, you'll have the tools and confidence to overcome any obstacle and thrive in your noble profession

Mystic's Survival Guide For Nurses

The nursing profession is under pressure. Financial demands, student debt, the target culture, political scrutiny in the wake of major care scandals and increasing workloads are all taking their toll on professional morale and performance. This timely book considers the meaning of resilience in this adverse context and explains why measures to preserve individual nurses' and students' well-being are flawed if they don't take into account wider political and organizational perspectives. Arguing that healthcare can be thought about and experienced differently, this book: provides a summary of the latest research on resilience, explaining its relevance and also limitations for nurses; considers debates about compassion and highlights the effects of policy agendas on nurse education and nursing work; re-evaluates nursing's professional identity, including where nursing has come from and the effects of class, gender and race on its powerbase; assesses the role of politics and social media, both in driving change and feeding resistance; and introduces the idea of critical resilience as a complete framework for resisting bullying and fostering survival and change in the nursing workforce. Direct, upbeat, at times provocative and witty, this agenda-setting book enables nurses to understand why they feel the way they do. It also lists what opportunities are available to them to change, resist and survive in what has become a complex, challenging – if still deeply rewarding – line of work.

Critical Resilience for Nurses

We are passionately interested in the importance of nursing values and believe that excellence in compassionate nursing care lies at the heart of nursing practice and that leadership is key to making this happen. Every nurse, whatever their position and role, has a vital leadership role to play in ensuring excellent care remains at the heart of nursing practice. From the preface Highly committed nurses often feel disillusioned, disempowered and angry when they are faced with negative media reports about poor standards of care. They are genuinely concerned, and want to address issues, when patients and clients feel they are not being cared for with compassion. However, complex and under-resourced healthcare environments pose many challenges. Developing ideas and initiatives from the highly successful Compassion and Caring in Nursing, in this new book Claire Chambers and Elaine Ryder focus on these potential difficulties and offers practitioners a chance to build on their current knowledge and experience, and consider ways to take the lead and act as catalysts for change. Each chapter focuses on a particular issue and case scenarios are used and revisited in each chapter, so that theory and practice are integrated throughout. Specific prompts encourage readers to bring about vital change in practice. All nurses, health visitors and health and social care practitioners should find this book motivating and realistic. It also offers thought-provoking inspiration for undergraduate and postgraduate healthcare students.

Excellence in Compassionate Nursing Care

When you become a ward or unit manager, sister or charge nurse, your responsibilities change and you need a very different set of skills compared to your previous roles. You are now required to manage a team of staff with a set budget and are responsible for maintaining an environment in which people can work well. This book will help you to: Identify your responsibilities and best approaches as a manager to provide patients with a high standard of care through your staff; Read through examples, suggestions and tips following a highly practical approach; Manage your staff, time and budget; Create a positive work environment; Features: Completely updated and revised content written by well-known authors

with extensive experience in the field; New sections on responsible use of social media, working with different generations in the workplace; how to make an impact, taking care of yourself etc. Leading teams in the context of enduring financial and staffing constraints Part of the A Nurse's Survival Guide series. Key features: Completely updated and revised content written by well-known authors with extensive experience in the field; New sections on responsible use of social media, working with different generations in the workplace; how to make an impact, taking care of yourself etc. Leading teams in the context of enduring financial and staffing constraints

A Nurse's Survival Guide to Leadership and Management on the Ward

General practice nurses are faced with the daily challenge of keeping up-to-date with a vast range of conditions and their management. They also need to be familiar with evidence-based practice to inform high-level decision making. This Survival Guide will prove a valuable resource to nursing students experiencing general practice for the first time. Many universities across England now deliver 'Fundamentals of General Practice' programmes. This book will complement those programmes and provide essential information to assist nurses new to general practice. For experienced nurses working in general practice there are essential chapters covering the latest developments such as leadership, quality improvement, PCN developments and essential clinical knowledge that highlight the changes in clinical care in recent years, plus an acknowledgement of the impact the COVID 19 pandemic has had on management of care. This is an indispensable handbook for: Defining the essential knowledge for meeting continuing professional development requirements Understanding fundamental clinical skills to ensure best practice Exploring new ways of working to consult and communicate with patients Investigating ways to improve care delivery Handy format makes for easy reference Clear, bulleted content puts the emphasis on quick reference Reflective activities Diagrams clearly explain difficult concepts Case studies highlight best practice

A Nurse's Survival Guide to General Practice Nursing E-Book

A milestone resource for palliative care nurses that facilitates evidence-based compassionate and humanistic care of the dying A valuable contribution to the evolving field of palliative nursing care. It is authored by a model for this field, Bonnie Freeman, and brings to the bedside what her practice embodies--evidence-based clinically expert care...The CARES tool is a long-needed resource and we are all grateful to the author for moving her passion to paper. It will touch the lives and deaths of patients, families, and the nurses who care for them. --Betty Ferrell, PhD, RN, MA, FAAN, FCPN, CHPN Professor and Director, Division of Nursing Research and Education City of Hope National Medical Center From the Foreword This groundbreaking reference for palliative care nurses is the first to provide realistic and achievable evidence-based methods for incorporating compassionate and humanistic care of the dying into current standards of practice. It builds on the author's research-based CARES tool; a reference that synthesizes five key elements demonstrated to enable a peaceful death, as free from suffering as possible: comfort, airway management, management of restlessness and delirium, emotional and spiritual support, and selfcare for nurses. The book describes, step by step, how nurses can easily implement the basic tenets of the CARES tool into their end-of-life practice. It provides a clearly defined plan that can be individualized for each patient and tailored to specific family needs, and facilitates caring for the dying in the most respectful and humane way possible. The book identifies the most common symptom management needs in dying patients and describes, in detail, the five components of the CARES paradigm and how to implement them to enable a peaceful death and minimize suffering. It includes palliative care prompts founded on 29 evidence-based recommendations and the National Consensus Project for Palliative Care Clinical Practice Guidelines. The resource also addresses the importance of the nurse to act as a patient advocate, how to achieve compassionate communication with the patient and family, and barriers and challenges to compassionate care. Case studies emphasize the importance of compassionate nursing care of the dying and how it can be effectively achieved. Key Features: Provides nurses with a clear understanding of the most common needs of the dying and supplies practical applications to facilitate and improve care Clarifies the current and often complex literature on care of the dying Includes case studies illustrating the most common needs of dying patients and how these are addressed effectively by the CARES tool Based on extensive evidence as well as on the National Consensus Project for Palliative Care Clinical Practice Guidelines Bonnie Freeman, DNP, ANP, RN, ACHPN, is an adult nurse practitioner in the Department of Supportive Care Medicine at the City of Hope National Medical Center in Duarte, California. She is involved with treating the symptom management needs of many chronically and terminally ill individuals diagnosed with various forms of cancer. Dr. Freeman trained at such excellent facilities as the in-patient units at

San Diego Hospice and the Institute of Palliative Medicine in San Diego, California, and the home care hospice program in Owensboro, Kentucky. While in Kentucky, she completed her advanced practice clinical training for adult nurse practitioners with a specialty focus on palliative care through Vanderbilt University in Nashville, Tennessee. This program exposed Dr. Freeman to current concepts in caring for the dying, and enhanced her already significant clinical experience caring for dying individuals acquired from over 30 years working in critical care. Dr. Freeman obtained her MSN from Indiana Wesleyan University, and her DNP from Azusa Pacific University in Azusa, California. Contributors Tracey Das Gupta, MN, RN, CON, is director of Interprofessional Practice at Sunnybrook Health Sciences Centre in Toronto, Ontario, Canada. She is also the colead of the Quality Dying Initiative with Dr. Jeff Myers. Tracey has been passionate about health care, quality of life, and leadership since becoming a nurse in 1991. Her decision to become a nurse was influenced by her father who lived with muscular dystrophy. Ms. Das Gupta has fulfilled various frontline nursing roles along the continuum of care and has had the opportunity to continue to grow in leadership roles such as educator, professional practice leader, and director of nursing practice. In her current role, she also provides leadership for the development and implementation of Sunnybrook's interprofessional care (IPC) strategy. Margaret Fitch, PhD, MScN, is a nurse researcher and holds an appointment at the Bloomberg Faculty of Nursing and School of Graduate Studies at the University of Toronto. She also serves as expert lead for cancer survivorship and patient experience for the Person-Centered Perspective Portfolio of the Canadian Partnership Against Cancer. She is also editor-in-chief for the Canadian Oncology Nursing Journal. Dr. Fitch has an extensive publication record based on her many years of research regarding patient perspectives, coping and adaptation with illness, and screening for psychosocial distress. She has particular expertise in measurement and evaluation, qualitative methods, and knowledge integration. During her career, she has held clinical and administrative positions and has maintained an ongoing role in education of both undergraduate and graduate students and health professionals in practice.

Compassionate Person-Centered Care for the Dying

Written by a leading healthcare academic and an accredited international business coach, this book takes a new approach to one of the most crucial issues in healthcare – how to care for patients appreciatively, responsively and compassionately. In the light of the findings of the Francis Report (2013), and at a time when healthcare services are under enormous pressure, there is a clear and urgent need for such a book. Despite the challenges of ill health, the authors demonstrate that the opportunity is there for any healthcare practitioner to draw out what the patient needs and desires, in line with the patient's own values, purposes and beliefs. This approach seeks to alleviate suffering and allows the patient to be more empowered and motivated to change, discovering choice and possibility in times of adversity. In this way, the practitioner can help the patient increase their own resilience and resourcefulness. At the same time, the practitioner discovers their own ability to self-care and self-manage. Aimed at healthcare students and practitioners at all levels, Appreciative Healthcare Practice will provide a valuable and supportive learning resource for a wide range of individuals involved in caring. Contents include: Introduction Carers' stories Compassionate and dignified care Professionalism – on becoming a professional Applying appreciative inquiry in practice and education Creativity and care Applying the three-eye model to healthcare Mindful healthcare practice The appreciative care worker and coach

Appreciative Healthcare Practice: A guide to compassionate, person-centred care

Are you a starting work in critical care? Are you an experienced nurse but need to check guidelines and best practices? This is the indispensable guide to daily procedures and problems faced by nurses working in this specialty. This book will help you to Organise your job and yourself Assess patients and communicate with them Get clinical information on a wide range of conditions What to do in emergency This UPDATED edition: Completely updated and revised content written by authors with extensive nursing experience in the field Physiological, psychological and social areas, as well as legal issues, ethical and moral dilemmas that critical care nurses and health care practitioners may face on a daily basis Boxes, tips and diagrams to help bridge the theory-practice gap while embarking on your critical care career. Part of the A Nurse's Survival Guide series Completely updated and revised content written by authors with extensive nursing experience in the field Physiological, psychological and social areas, as well as legal issues, ethical and moral dilemmas that critical care nurses and health care practitioners may face on a daily basis Boxes, tips and diagrams to help bridge the theory-practice gap while embarking on your critical care career.

A Nurse's Survival Guide to Critical Care - Updated Edition E-Book

The new edition of this highly popular book is an indispensable guide to daily procedures and problems for nurses starting work on the ward or returning to practice. It provides guidance in a variety of areas including: how to organise your job and yourself; how to assess patients; clinical information on a wide range of conditions; important principles, procedures and investigations; how to administer drugs safely; and what to do in an emergency. As well as information on how to do the job, the importance of communication and nursing care issues is emphasised. Background information is also given on underlying legal, health and safety issues. This book will help you with Organising your job and yourself Assessing patients Getting clinical information on a wide range of conditions Important principles, procedures and investigations Administering drugs safely What to do in an emergency Communication, legal health and safety issues A new section on professional practice relates current issues to nursing practice Updated drug section provides essential understanding of common drug classes New resuscitation guidelines

Nursing Student's Clinical Survival Guide

"[T]his is an exceptional book and worth the investment for both the novice nurse who wants to proactively recognize compassion fatigue and for the experienced nurse who is struggling with professional quality of life."--Journal for Nurses in Professional Development "An excellent resource for all levels of nurses... Highly recommended."--Choice: Current Reviews for Academic Libraries "The book is a powerful expression of the needs of all nurses, whatever their practice setting, with an easily applied method of reaching out to our co-workers and other healthcare professionals to improve our own lives, and, ultimately, the welfare of our patients."--ANA-Maine Journal, The Newsletter of the American Nurses Association--Maine "Todaro-Franceschi has done a great service not only for nurses, but for all professional health care providers who will find this book helpful in sustaining compassion satisfaction while avoiding fatigue and, hopefully, preventing burnout."--The Forum "This book is a good resource for nurses interested in helping themselves or others maintain a connection with the purpose of their work."--Critical Care Nurse "This book provides insight and solutions to [compassion fatigue and burnout] and can save numerous nurses from leaving a loved and valued profession."--Advance For Nurses Compassion fatigue afflicts nurses working in all caring environments and has become a serious issue in health care institutions nationwide. This is the only book to specifically address this challenge and the related syndrome of burnout in nursing. It presents a unique healing model designed to identify, treat and, where possible, avert compassion fatigue with holistic strategies and action plans that help cultivate a healthier, more satisfying work environment. The volume addresses risk factors for and manifestations of compassion fatigue, burnout, and other related experiences such as PTS, death overload, collective trauma, and moral distress, and presents strategies to mediate and resolve these issues. The author emphasizes ways in which dissatisfaction influences the quality of patient care and calls for nurses to reinvent their work environments to favor compassion contentment. Case vignettes and exercises will help readers identify and alter patterns of negativity to reaffirm purpose in their professional lives. Key Features: Describes the positive and negative contributors to professional quality of life Explores the multifaceted nature of compassion fatigue and burnout, in nursing Addresses the unique risk factors for nurses who work in critical care/ER, oncology, medical/surgical, and palliative care areas Offers holistic self and group strategies and action plans to help leadership and staff nurses overcome compassion fatigue and promote work satisfaction Addresses gaps in education which contribute to the development of compassion fatigue and burnout Designed for nurses in stressful health care environments, and nurse educators and students

A Nurse's Survival Guide to the Ward - E-Book

This practical book suggests ways in which healthcare students and practitioners can develop their compassion strengths. Discussing what compassion is and means, it includes a new compassion strength model and a series of exercises the reader can use for reflecting on and developing their practice. A hallmark of healthcare practice is compassion, yet there is a lack of understanding as to what compassion is and how it can be developed in practice. The book begins with the challenge of defining compassion, particularly looking at healthcare contexts and making links between self-care and caring for others. It then presents a new, evidence-based holistic model that brings together key elements of compassion for self and other, along with a scale that readers can measure themselves against. Identifying eight strengths "self-care, connection, communication, competency, empathy, interpersonal skills, character, and engagement" Durkin provides the theoretical background to each, accompanied with suggestions for practice and reflective activities. It ends with a selection of vignettes that readers

can use to try out their strengths. Highlighting the concept of compassion strengths, and compassion as a way of being, this is an essential read for healthcare students and practitioners, whether involved in direct patient care or management.

Compassion Fatigue and Burnout in Nursing

First published in 2012. Routledge is an imprint of Taylor & Francis, an informa company.

Nursing & Health Survival Guide

Despite the scope and sophistication of contemporary health care, there is increasing international concern about the perceived lack of compassion in its delivery. Citing evidence that when the basic needs of patients are attended to with kindness and understanding, recovery often takes place at a faster level, patients cope more effectively with the self-management of chronic disorders and can more easily overcome anxiety associated with various disorders, this book looks at how good care can be put back into the process of caring. Beginning with an introduction to the historical values associated with the concept of compassion, the text goes on to provide a bio-psycho-social theoretical framework within which the concept might be further explained. The third part presents thought-provoking case studies and explores the implementation and impact of compassion in a range of healthcare settings. The fourth part investigates the role that organizations and their structures can play in promoting or hindering the provision of compassion. The book concludes by discussing how compassion may be taught and evaluated, and suggesting ways for increasing the attention paid to compassion in health care. Developing a multi-disciplinary theory of compassionate care, and underpinned by empirical examples of good practice, this volume is a valuable resource for all those interesting in understanding and supporting compassion in health care, including advanced students, academics and practitioners within medicine, nursing, psychology, allied health, sociology and philosophy.

Developing Your Compassion Strengths

A milestone resource for palliative care nurses that facilitates evidence-based compassionate and humanistic care of the dying "A valuable contribution to the evolving field of palliative nursing care. It is authored by a model for this field, Bonnie Freeman, and brings to the bedside what her practice embodies--evidence-based clinically expert care...The CARES tool is a long-needed resource and we are all grateful to the author for moving her passion to paper. It will touch the lives and deaths of patients, families, and the nurses who care for them." --Betty Ferrell, PhD, RN, MA, FAAN, FCPN, CHPN Professor and Director, Division of Nursing Research and Education City of Hope National Medical Center From the Foreword This groundbreaking reference for palliative care nurses is the first to provide realistic and achievable evidence-based methods for incorporating compassionate and humanistic care of the dying into current standards of practice. It builds on the author's research-based CARES tool; a reference that synthesizes five key elements demonstrated to enable a peaceful death, as free from suffering as possible: comfort, airway management, management of restlessness and delirium, emotional and spiritual support, and selfcare for nurses. The book describes, step by step, how nurses can easily implement the basic tenets of the CARES tool into their end-of-life practice. It provides a clearly defined plan that can be individualized for each patient and tailored to specific family needs, and facilitates caring for the dying in the most respectful and humane way possible. The book identifies the most common symptom management needs in dying patients and describes, in detail, the five components of the CARES paradigm and how to implement them to enable a peaceful death and minimize suffering. It includes palliative care prompts founded on 29 evidence-based recommendations and the National Consensus Project for Palliative Care Clinical Practice Guidelines. The resource also addresses the importance of the nurse to act as a patient advocate, how to achieve compassionate communication with the patient and family, and barriers and challenges to compassionate care. Case studies emphasize the importance of compassionate nursing care of the dying and how it can be effectively achieved. Key Features: Provides nurses with a clear understanding of the most common needs of the dying and supplies practical applications to facilitate and improve care Clarifies the current and often complex literature on care of the dying Includes case studies illustrating the most common needs of dying patients and how these are addressed effectively by the CARES tool Based on extensive evidence as well as on the National Consensus Project for Palliative Care Clinical Practice Guidelines

Compassion, Caring and Communication

If you're sacrificing self-care as you care for other people, the intensity of nursing can transform into fatigue and overwhelm that affects your entire life. Your clinicals taught you medicine, but you need extra help to train your mind, body, and soul for health care work. Full of simple and effective tools based on the science of compassion, this 30-day guide will renew your spirit so you can compassionately take care of your patients, your family, and most importantly, yourself. You'll discover How to boost your composure and compassion. Simple daily exercises to bolster your mental health and prevent burnout. Meditation practices to recharge after intense shifts. A gear-shifting care plan that eases your transition from work to home. Strategies for advocacy-because empowered clinicians provide better care. Your career can be an ongoing journey of love and resilience rather than exhaustion and depletion. Get The Power & Pain of Nursing for the compassionate support to heal your spirit while you help heal the world.

Providing Compassionate Healthcare

Nursing Student's Clinical Survival Guide eBook.

Compassionate Person-Centered Care for the Dying

Overviews the home care industry covering specific issues of home care visits. Four units discuss recent trends; skills and concepts such as cultural adaptability, supervision of paraprofessionals, and application of the nursing process in the home care setting; clinical activities nurses perform, including teaching and infection control; and the actual practice of home care nursing. Boxed material highlights typical dilemmas in home care, compares home and hospital care, and offers tips and suggestions. Annotation copyrighted by Book News, Inc., Portland, OR.

The Power and Pain of Nursing: Self-Care Practices to Protect and Replenish Compassion

Nurses typically go in to the profession of nursing because they want to "care" for patients, not knowing that the inherent stresses of the work environment put them at risk for developing psychological disorders such as burnout syndrome, posttraumatic stress disorder (PTSD), anxiety and depression. Symptoms of these disorders are often debilitating and affect the nurse's functioning on both a personal and professional level. While environmental and/or organizational strategies are important to help combat stress, oftentimes the triggers experienced by nurses are non-modifiable including patient deaths, prolonging life in futile conditions, delivering post-mortem care and the feeling of contributing to a patient's pain and suffering. It is paramount that nurses enhance their ability to adapt to their work environment. Resilience is a multidimensional psychological characteristic that enables one to thrive in the face of adversity and bounce back from hardships and trauma. Importantly, resilience can be learned. Factors that promote resilience include attention to physical well-being and development of adaptive coping skills. This book provides the nurse, and the administrators who manage them, with an overview of the psychological disorders that are prevalent in their profession, first-person narratives from nurses who share traumatic and/or stressful situations that have impacted their career and provide detailed descriptions of promising coping strategies that can be used to mitigate symptoms of distress.

New Nurse's Survival Guide

Nursing Student's Clinical Survival Guide eBook