



Factors Associated with Compassion Fatigue in Nurses: A Systematic Review Study

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ABSTRACT

Introduction: Compassion fatigue is defined as a harmful consequence of experiencing work-related stress among nurses, which can affect job performance and harm emotional and physical health. As a systematic review, this study examined the factors affecting compassion fatigue in nurses.

Search Strategy: The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines were followed to find related studies. The PubMed, Web of Science, Google Scholar, Scopus, Embase, and Science Direct databases were searched using keywords such as “compassion fatigue”, “nurse”, and related factors, and no lower time limit was imposed when conducting the searches. The identified studies were published between January 2000 and May 2024. The quality of articles was assessed using the STROBE checklist.

Results: The combined sample size for 183 studies was 289. All studies were observational and cross-sectional. The results of the surveys showed that factors such as low level of managers' support, job burnout, service department, organizational position, age, marital status, education history, health status and gender, job satisfaction, satisfaction with income, years of work experience, compassion for Self, professional cognition, psychological education, secondary traumatic stress, occupational stress, anxiety, excessive empathy, social support, and coping strategies can be related to compassion fatigue in nurses.

Conclusion and Discussion: The finding of this study show that compassion fatigue in nurses is related to various individual, environmental, and organizational factors. Identifying these factors and taking practical and effective measures to adjust these factors can play a significant role in improving the quality of nursing care provided by nurses.

Citation:

Heydari Z, Abdollahi R, Najafi E. Factors Associated with Compassion Fatigue in Nurses: A Systematic Review Study. *Iranian biomedical journal* 2024; 28(7): 374.

Keywords: Compassion fatigue, Nurses, Systematic review