

2nd European
Nursing Congress

International Conference on
& Clinical Nursing & Practice

October 24-25, 2019 | Zurich, Switzerland

The Importance of Promoting Self Care to Nurses

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Introduction: Nursing is a physically and emotionally demanding career for nurses. Nurses are always there to care for a stranger as if they were one of their own way. One in four nurses are reported to experience burnout¹ at some point in their career.

My Experience: Burnout / Compassion Fatigue impacts the nurses both professionally and personally and have a negative impact on patient care and the organization in which they are employed. Self-care have a positive impact on the prevention of compassion fatigue and burnout in health professionals. Education on early signs of burnout and the encouragement

of a personal self-care program is a matter of importance to the nursing profession according to my opinion.

Conclusion: During my presentation I will address that what I believe is a holistic approach to self-care. I have developed a model of self-care which addresses the five social psychological aspects of self. This model allows the nurse to develop a deeper level of self-awareness while caring for their Mental, Physical, Emotional, Spiritual and Indulgent self-care needs.

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