

1      **Resolution 57**

2  
3      **TITLE:**           **IN SUPPORT OF FOSTERING COMPASSIONATE CARE IN NURSING STUDENTS**

4  
5      **SUBMITTED BY:**   **Student Nursing Association of Virginia, Charlottesville, VA**

6  
7      **AUTHORS:**       **Rachael Zrimm, Anna Jent, Katie Parr, Kaytlynn Loving**

8  
9      WHEREAS,           the National Student Nurses' Association (NSNA) House of Delegates in 2016  
10     adopted the resolution, "In Support of Nursing Students' Mental Health, Coping,  
11     Stress Resiliency, and Generalized Resistance Resources", in 2017 "In Support of  
12     the Implementation of Critical Incidence Stress Debriefing (CISD) Policy within  
13     Nursing Education Programs", and in 2017 "In Support of Incorporating  
14     Compassion Fatigue Awareness into the Scope of Inter-professional Education  
15     (IPE) curricula"; and

16     WHEREAS,           a 2016 article explains that cultivating compassion for one's suffering could  
17     increase compassion for patients for whom they care. Cultivating compassion,  
18     such as through loving-kindness meditation workshops, can help create healthy  
19     work environments and decrease burnout and compassion fatigue. The article  
20     suggests incorporating exercises to build self-compassion into a training plan for  
21     students pursuing careers in healthcare, as a strategy to build resilience and  
22     compassion; and

23     WHEREAS,           a related study concurred that self-compassion and compassion for others  
24     appear to be closely linked to each other as self-compassion makes it easier to  
25     understand and deal with the suffering of others; and

26     WHEREAS,           a study exploring how healthcare students understand compassionate care  
27     found that a number of factors enhance a culture of compassionate caring,  
28     including staff wellbeing, good team member relations, and most importantly,  
29     positive role models as compassionate leaders; and

30     WHEREAS,           a similar project provided a learning module to student nurses in which clinical  
31     stories were used to encourage reflective learning. The project concluded that  
32     reflection could help student nurses recognize what makes care compassionate;  
33     and

34     WHEREAS,           the University of Virginia's Compassionate Care Initiative weaves instruction  
35     about resilience into the nursing curriculum. The initiative provides mindfulness  
36     training in the hope of fostering caregiver compassion and resilience; therefore  
37     be it

38  
39     RESOLVED,          that the National Student Nurses' Association (NSNA) encourage its constituents

40                          to create programs that foster compassionate caring, such as mindfulness

41                          education, meditation, yoga, and relaxation classes; and be it further

42     RESOLVED,          that the NSNA hold breakout sessions on this topic at the Annual Convention, if

43                          feasible; and be it further that the NSNA send a copy of this resolution to the

44 RESOLVED, American Nurses Association, American Association of Colleges of Nursing,  
45 National League for Nursing, Organization for Associate Degree Nursing, and all  
46 others deemed appropriate by the NSNA Board of Directors.