Resolution 57

TITLE: IN SUPPORT OF FOSTERING COMPASSIONATE CARE IN NURSING STUDENTS

SUBMITTED BY: Student Nursing Association of Virginia, Charlottesville, VA

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

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

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

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

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

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

RESOLVED, that the National Student Nurses’ Association (NSNA) encourage its constituents to create programs that foster compassionate caring, such as mindfulness education, meditation, yoga, and relaxation classes; and be it further

RESOLVED, that the NSNA hold breakout sessions on this topic at the Annual Convention, if feasible; and be it further that the NSNA send a copy of this resolution to the
RESOLVED, American Nurses Association, American Association of Colleges of Nursing,
National League for Nursing, Organization for Associate Degree Nursing, and all
others deemed appropriate by the NSNA Board of Directors.