

Professional Quality of Life in Psychiatric Nurses: The Relationship Between Compassion Satisfaction and Compassion Fatigue

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ABSTRACT

Background: Psychiatric nurses are in a position of exposure to several factors affecting their CS and CF which subsequently influence their Professional Quality of Life (ProQOL). This study aims to explore the ProQOL and the relationship between Compassion Satisfaction (CS) and Compassion Fatigue (CF) among psychiatric nurses at Eradah and Mental Health Complex in Jeddah, Saudi Arabia.

Methods: A descriptive, cross-sectional, correlational study was conducted among psychiatric nurses at Eradah and Mental Health Complex in Jeddah, Saudi Arabia. A convenient sample of 173 nurses participated in the study through self-administered questionnaires which was adopted from previous studies on ProQOL, CS and CF. The data was analyzed using SPSS program.

Results: The findings of this study showed that 95.4% of the psychiatric nurses reported an average level of ProQOL and average level (62.4%) of compassion satisfaction. In terms of burnout, 72.8% stated having a medium level, while the secondary traumatic stress, was mainly average (61.3%) level. CF was an average level was present in 70.5% of nurses. It was found that there is a significant negative correlation between CS and CF of nurses.

Conclusion: The study concluded that psychiatric nurses experienced e nurses had an average level of professional quality of life, low level, of CS and a low level of compassion fatigue. CS was negatively correlated with compassion fatigue.

Keywords: Compassion fatigue; compassion satisfaction; psychiatric nurses; professional quality of life

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