

In class this week, we discussed ethical practices in the healthcare setting. Along with ethical practice, nurses play an essential role in advocating for the patients' needs and rights. In a recent study performed in Turkey, researchers evaluated the links between compassion and ethical values in the nursing setting. The researchers believe that nurses that have less compassion for their patients also may have a decrease in ethical values. The study results show that nurses who scored high on compassion levels scored high on ethical sensitivity as well. Another interesting aspect of this article is that the author discusses nurses experiencing compassion fatigue. In the study, forty-six percent of nurses reported compassion fatigue (Kumsar et al., 2021). The primary reported reasons nurses experienced compassion fatigue was caring for people in constant suffering for extended periods, having a heavy workload, and caring for fatal cases (Kumsar et al., 2021). Compassion fatigue can decrease empathy and the ability to care for others. The researchers suggest that to reduce compassion fatigue among nurses in the workplace, there should be programs to aid with coping, relaxing, communication, and strengthening psychosocial health (Kumsar et al., 2021). They also suggest that ethical sensitivity and compassion concepts should be taught in nursing schools. It is essential as a nurse to be aware that burnout happens. The best way to prevent burnout, I believe, is to take care of yourself physically and mentally.

#### Reference

Kumsar, A. K., Polat, S., & Yilmaz, F. T. (2021). The effect on ethical sensitivity of compassion level in nurses. *Electronic Journal of General Medicine*, 18(5), 1-8.

<https://doi.org/10.29333/ejgm/11011>.