Appendix 1. Modified Compassion Fatigue and Satisfaction Self-Care Test for Helpers

As a PPC clinician, you may have found that the compassion you feel for patients and their families affects you in both positive and negative ways. We’d like to get a sense of the stress and the satisfaction you experience as part of your work life. This self-test includes questions about your experiences, both positive and negative, as a PPC clinician Select the number that honestly reflects how frequently you have experienced these characteristics **in the last work week.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **0**  **never** | **1  rarely** | **2**  **a few times** | **3**  **somewhat often** | **4**  **often** | **5**  **very often** |

**Compassion Satisfaction/Fatigue Self-Test October 2014.** Adapted with permission from Figley, CR (1995). Compassion Fatigue, New York: Brunner/Mazel. © B. Hudnall Stamm, Traumatic Stress Research Group, 1995-1998 http://dartmouth.edu/~bhstamm/index.htm

1. I am happy.

2. I find my life satisfying.

3. I have beliefs that sustain me.

4. I feel estranged from others.

5. I find that I learn new things from my patients and their families.

6. I force myself to avoid certain thoughts or feelings that remind me of an upsetting or frightening work-related experience.

7. I find myself avoiding certain activities or situations because they remind me of an upsetting or frightening work-related experience.

8. I have gaps in my memory about upsetting or frightening work-related experiences I have had.

9. I feel connected to others.

10. I feel calm when I am at work.

11. I believe that I have a good balance between my work and my free time.

12. I have difficulty falling or staying asleep.

13. I have outbursts of anger or irritability with little provocation.

14. I am the person I always wanted to be.

15. I startle easily.

16. I have flashbacks connected to work-related experiences that I have had.

17. I have good peer support when I need to work through a highly stressful work experience.

18. I think that I need to “work through” a difficult or traumatic work-related experience that I’ve had.

19. I think that I need more close friends.

20. I think that there is no one to talk with about highly stressful work experiences.

21. I have concluded that I work too hard for my own good.

22. Working in PPC brings me a great deal of satisfaction.

23. I feel invigorated after involvement in a PPC consultation.

24. I am frightened of things a patient’s family has said or done to me.

25. I have happy thoughts about those I help and how I can be helpful to them.

26. I have experienced intrusive thoughts related to especially difficult patient situations.

27. I have suddenly and involuntarily recalled an upsetting or frightening experience while working with a patient or speaking with a family.

28. I am losing sleep over a patient’s traumatic experiences.

29. I feel as though I am experiencing the traumatic stress of a patient’s family or a coworker.

30. I have to remind myself to be less concerned about the wellbeing of those I help.

31. I have felt trapped by my work as a PPC clinician.

32. I have a sense of hopelessness, worthlessness, disillusionment or resentment associated with my role as a PPC clinician.

33. I have felt “on edge” and I attribute this to my role as a PPC clinician.

34. I have a sense of hopelessness, worthlessness, disillusionment or resentment that I associate with certain coworkers.

35. I have felt “on edge” and I attribute this to working with certain coworkers.

36. I wish that I could avoid working with certain patients and their families.

37. Some families are particularly enjoyable to work with.

38. I feel that some of my patients’ families dislike me personally.

39. I like my work as a PPC clinician.

40. I feel like I have the tools and resources that I need to do my work as a PPC clinician.

41. I have thoughts that I am a “success” as a PPC clinician.

42. I enjoy my co-workers.

43. I depend on my co-workers to help me when I need it.

44. My co-workers can depend on me for help when they need it.

45. I trust my co-workers.

46. I feel little compassion toward most of my co-workers.

47. I feel I am working more for the money/prestige than for personal fulfillment.

48. Although I have to do paperwork that I don’t like, I still have enough time to work with patients and their families.

49. I find it difficult to separate my work as a PPC clinician from my personal life.

50. I am pleased with how I am able to keep up with technology, techniques and protocols in my field.

51. I have thoughts that I am a “failure” as a helper.

52. I have thoughts that I am not succeeding at achieving my life goals.

53. I have to deal with bureaucratic, unimportant tasks in my work as a PPC clinician.

54. I plan to be a PPC clinician for a long time.