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# CECT L!brary

## Reader's Digest

Greetings, cadre,

Sparked by a recent training the CECT did for healthcare providers, this month's research focus is on vicarious trauma, compassion fatigue, and burnout that healthcare providers of all specialties face, both in general and following disasters. With the ongoing global pandemic, increased number of natural and human disasters, and general life stress, it is more important than ever that we consider how to best support and protect the people caring for us.

This newsletter provides just a glimpse of the research recently uploaded to our CECT Library on compassion fatigue and vicarious trauma for healthcare providers, as well as a smattering of other recent articles on disaster behavioral healthcare. Take time to read through it and consider the ways that you support, and are supported by, the healthcare professionals in your life.

Lastly, there's two months left to submit to [Vibrant's 2024 Conference](#). This year's conference is about resilience—a necessity when discussing compassion fatigue and vicarious trauma. We hope to see your submission before the portal closes on April 10th.

With care,

Crisis Emotional Care Team

### **Latest Additions**

Österberg, K., Persson, R., Viborg, N., Jönsson, P., & Tenenbaum, A. (2016). The Lund University Checklist for Incipient Exhaustion: A prospective validation of the onset of sustained stress and exhaustion warnings. *BMC Public Health*, 16, 1-13. DOI: [10.1186/s12889-016-3720-7](https://doi.org/10.1186/s12889-016-3720-7)

In research coming out of Sweden, the researchers here outline the need for an instrument that can assess—and hopefully detect—exhaustion and stress before it has a chance to lead to burnout, depression, or other more serious

conditions. LUCIE specifically looks at how much people's exhaustion and stress is caused by work-related issues rather than stress in their personal lives.

Pintea, M., & Dahl Grove, D. (2024). A pediatric-focused self-assessment tool on vulnerabilities to aid regional disaster planning. *Disaster Medicine and Public Health Preparedness*, 18(e28), 1-6. <https://doi.org/10.1017/dmp.2024.27>

This short article outlines the importance of pediatric-centered preparedness plans in healthcare facilities in the case of disaster. The authors discuss the need specifically for emergency departments—particularly ones that are not pediatric-centered—to understand the unique needs children face during disasters, since children are one of the largest demographics affected by disasters. The authors review a pilot test on self-assessment tools for healthcare centers to use in pediatric preparedness in disaster situations, which was funded by the US Assistant Secretary for Preparedness and Response.

Pischel, S., Felfe, J., & Krick, A. (2023). Health-oriented leadership: Antecedents of leaders' awareness regarding warning signals of emerging depression and burnout. *German Journal of Human Resource Management*, 37(3), 169-198. <https://doi.org/10.1177/23970022221130754>

This article outlines a concept of leadership that is focused on health and wellbeing of employees, and how that can potentially lessen depression, anxiety, and burnout, and thus decrease the numbers of employees leaving their positions or retiring early because of said work stress. The researchers looked at leaders' awareness of warning signs of burnout in employees, and provided practical suggestions for leaders to increase their ability to see signs and take appropriate action.

### **Paywalled Articles**

Ferber, M. F., Chen, T., McHowat, J., Charney, R. L., & Bitter, C. C. (2024). Perceived and received support by academic medicine faculty during the COVID-19 pandemic: A single institution study. *Disaster Medicine and Public Health Preparedness*, 18, e3. <https://doi.org/10.1017/dmp.2023.240>

Figley, C. R. (2002). Compassion fatigue: Psychotherapists' chronic lack of self care. *Journal of Clinical Psychology*, 58(11), 1433-1441. <https://onlinelibrary.wiley.com/doi/ab>

### **Open Access Reads**

Boscarino, J. A., Adams, R. E., & Figley, C. R. (2010). Secondary trauma issues for psychiatrists. *The Psychiatric Times*, 27(11), 24. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3014548/>

Knapp, S. (2024). Laws, risk management, and ethical principles when working with suicidal patients. *Professional Psychology: Research and Practice*, 55(1), 1–10. <https://doi.org/10.1037/pro0000554>

Plieger, T., Melchers, M., Montag, C., Meermann, R., & Reuter, M.

[s/10.1002/jclp.10090](https://doi.org/10.1002/jclp.10090)

Kearney, M. K., Weininger, R. B., Vachon, M. L., Harrison, R. L., & Mount, B. M. (2009). Self-care of physicians caring for patients at the end of life: "Being connected... a key to my survival". *Jama*, 301(11), 1155-1164.

doi:[10.1001/jama.2009.352](https://doi.org/10.1001/jama.2009.352)

Ko, H., & Lee, S. M. (2021). Effects of imbalance of self-and other-care on counselors' burnout. *Journal of Counseling & Development*, 99(3), 252-262.

<https://doi.org/10.1002/jcad.12372>

(2015). Life stress as a potential risk factor for depression and burnout.

*Burnout Research*, 2(1), 19-24.

<https://doi.org/10.1016/j.burn.2015.03.001>

Ullah, F., Ragazzoni, L., Hubloue, I., Barone-Adesi, F., & Valente, M.

(2024). The use of the health belief model in the context of heatwaves research: A rapid review. *Disaster Medicine and Public Health Preparedness*, 18(e34), 1-8.

<https://doi.org/10.1017/dmp.2024.26>

### **International Reads**

Kercher, A., & Gossage, L. (2024). Identifying risk factors for compassion fatigue in psychologists in Aotearoa, New Zealand, during the COVID-19 pandemic.

*Professional Psychology: Research and Practice*, 55(1), 28–38.

<https://doi.org/10.1037/pro0000538>

Martínez, N., Connelly, C. D., Pérez, A., & Calero, P. (2021). Self-care: A concept analysis. *International Journal of Nursing Sciences*, 8(4), 418-425.

<https://doi.org/10.1016/j.ijnss.2021.08.007>

McCann, C. M., Beddoe, E., McCormick, K., Huggard, P., Kedge, S., Adamson, C., & Huggard, J. (2013). Resilience in the health professions: A review of recent literature.

*International Journal of Wellbeing*, 3(1). doi:[10.5502/ijw.v3i1.4](https://doi.org/10.5502/ijw.v3i1.4)

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Have an article you think would fit in our digital library? Submit it through our [CECT Resource Library Submission Form](#) to get it included. We accept links to news articles, opinion pieces, and journal articles.

Don't forget that we are accepting submissions to Vibrant's 2024 Disaster Behavioral Health Conference: We The Resilient: A conference on disaster behavioral health and building a truly resilient community. For more information about the conference and what to submit, click here: <https://vibrantdbhcon.org/>



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