

Transforming Nurses' Stress and Anger

Steps Toward Healing

Second Edition

Sandra P. Thomas



Springer Publishing Company

Transforming Nursesstress And Anger Steps Toward Healing Second Edition

Suzanne Waddill-Goad



Transforming Nursesstress And Anger Steps Toward Healing Second Edition:

Transforming Nurses' Stress and Anger Sandra P. Thomas, 2014-05-14 Winner of an AJN Book of the Year Award This timely second edition is needed now more than ever Overworked nurses in understaffed health institutions are experiencing considerable stress and anger which can take its toll in fatigue physical health problems depression and substance abuse This wise and eloquent book written by the leading nurse expert on anger research uses the stories of dozens of ordinary nurses and nurse leaders to describe the consequences of mismanaged anger Specific strategies for channeling anger into personal and professional empowerment are described along with ways to interact in a positive and assertive manner with patients other nurses doctors and administrators to improve working conditions Nurses at every level and in any setting will find this an inspiring and refreshing book chapter

Transforming Nurses' Anger and Pain Sandra P. Thomas, 1998 Anger can be a fact of life for nurses due to features such as short staffing hostile staff interactions difficult patients or personal stresses And anger can take its toll in fatigue physical health problems depression and substance abuse Can we transform our anger and pain into something positive Sandra Thomas thinks so In this book she discusses the many sources of anger for nurses the consequences of its mismanagement and specific strategies for channeling anger into personal and professional empowerment The book is enlivened by many case examples from the author's extensive original research

Transforming Nurses' Stress and Anger Sandra P. Thomas, 2008-12-05 AJN Book of the Year Award Winner Second Edition This book is a gem It provides a wealth of well researched information to help the reader understand sources of stress It tackles very important issues that lead to burnout and provides an exceptionally comprehensive analysis This book is illuminating for clinicians Afaf Meleis PhD DrPS hon FAAN Dean of Nursing University of Pennsylvania School of Nursing This inspiring award winning title guides nurses to transform work related stress and anger into strength and resilience The profession has witnessed increasing workplace violence conflicts with colleagues and poor working conditions In this book Thomas demonstrates how anger can actually be a catalyst for personal and professional empowerment In this new edition Thomas discusses the causes and consequences of nurses stress and anger and presents new strategies to prevent and manage both even under the worst conditions She demonstrates how to forge stronger relationships with colleagues and patients and solve work related problems head on As a nursing educator therapist practitioner and practicing RN Thomas provides personal accounts of her own experiences as a nurse struggling to meet the many challenges of the job Key Features Thoroughly updated with new research data and case studies Offers step by step guidelines on working towards remediation and healing Organized with bulleted lists and boxes highlighting key points Guidance on pursuing career movement both vertical and horizontal Useful for nurses hospital administrators managers and graduate students

Transforming Nurses,Â Stress and Anger Sandra P. Thomas, 2004-03 AJN Book of the Year Award Winner Second Edition This book is a gem It provides a wealth of well researched information to help the reader understand sources of

stress It tackles very important issues that lead to burnout and provides an exceptionally comprehensive analysis This book is illuminating for clinicians Afaf Meleis PhD DrPS hon FAAN Dean of Nursing University of Pennsylvania School of Nursing This inspiring award winning title guides nurses to transform work related stress and anger into strength and resilience The profession has witnessed increasing workplace violence conflicts with colleagues and poor working conditions In this book Thomas demonstrates how anger can actually be a catalyst for personal and professional empowerment In this new edition Thomas discusses the causes and consequences of nurses stress and anger and presents new strategies to prevent and manage both even under the worst conditions She demonstrates how to forge stronger relationships with colleagues and patients and solve work related problems head on As a nursing educator therapist practitioner and practicing RN Thomas provides personal accounts of her own experiences as a nurse struggling to meet the many challenges of the job Key Features Thoroughly updated with new research data and case studies Offers step by step guidelines on working towards remediation and healing Organized with bulleted lists and boxes highlighting key points Guidance on pursuing career movement both vertical and horizontal Useful for nurses hospital administrators managers and graduate students

Transforming Nurses' Anger and Pain Sandra P Thomas,1998-07-01 **From Silence to Voice** Bernice Buresh,Suzanne Gordon,2006 To get the resources and respect they need nurses have long had to be advocates for themselves and their profession not just for their patients For a decade From Silence to Voice has provided nurses with the tools they need to explain the breath and complexity of nursing work Bernice Buresh and Suzanne Gordon have helped nurses around the world speak up and convey to the public that nursing is more than dedication and caring it demands specialized knowledge expertise across a range of medical technologies and decision making about life and death issues Nurses and nursing organizations they write must go out and tell the public what nurses really do so that patients can actually get the benefit of their expert care Amazon com *Ending Nurse-to-nurse Hostility* Kathleen Bartholomew,2006 About HCPro HCPro Inc is the premier publisher of information and training resources for the healthcare community Our line of products includes newsletters books audioconferences training handbooks videos online learning courses and professional consulting seminars for specialists in health information management compliance accreditation quality and patient safety nursing pharmaceuticals medical staff credentialing long term care physician practice infection control and safety Visit the Healthcare Marketplace at www.hcmarketplace.com for information on any of our products or to sign up for one or more of our free online e zines **From Management to Leadership** Jo Manion,2011-03-03 From Management to Leadership identifies the fundamental interpersonal skills that every health care leader and aspiring leader needs to develop in order to be a successful executive or manager The third edition of the classic text offers suggestions for developing and improving essential health care leadership skills Written to be a practical guide the book presents concepts and skills that can be immediately applied to everyday situations Completely revised and updated this edition includes new concepts and

resources based on the latest research and practices Praise for the Third Edition of From Management to Leadership As leaders we want engagement commitment ownership teamwork and results Jo Manion illuminates the interpersonal skills that are pivotal She provides the how in a way that is convincing refreshing mind stretching and practical Wendy Leebov EdD president Wendy Leebov and Associates This third edition continues the tradition of enumerating the incisive and articulate response of leaders to the complexities of the age and of the necessary recalibration of the leader's role I encourage contemporary leaders to see this text as a must have in their leadership library I certainly have it in mine Tim Porter O Grady DM EdD ScD h APRN FAAN senior partner Tim Porter O Grady Associates Inc and associate professor College of Nursing and Health Innovation Arizona State University Finally a book that addresses the need for health care leaders and aspiring leaders to be much more than good managers This book gives practical concrete and insightful strategies to becoming a great leader Katherine W Vestal RN PhD FACHE FAAN president Work Innovations LLC Companion Web site www.josseybass.com/go/manion

Nursing Leadership Harriet R. Feldman, G. Rumay Alexander, 2012 A single comprehensive reference for nursing leaders leadership organizations nursing clinicians and educators Nursing Leadership is the only compendium of nursing terminology in existence Written by eminent nursing professionals it provides descriptions of prominent individuals in nursing information regarding nine leadership related topics and current trends in nurse leadership This second edition has been expanded to encompass 80 new entries and revisions or updates to all original entries It provides an extensive overview of current leadership issues including theories characteristics and skills required of nurse leaders in today's complex health care system Highly respected contributors include Claire Fagan Beverly Malone NLN CEO Polly Bednash AACN CEO Patricia Benner and many others For ease of use this new edition contains both alphabetic and thematic indexes extensive cross referencing and print and web references for each entry The new edition features Thematic list of entries in addition to alphabetic index An extensive overview on salient nursing leadership issues themes characteristics and current and future developments A legacies section on nursing luminaries throughout history Over 80 new entries and updates and revisions of original entries Extensive cross referencing and print and web resources for each entry up

The Journal of Continuing Education in Nursing, 2004

Listening to Patients Sandra P. Thomas, Howard R. Pollio, 2002 This book fills not only a gap but a wide cavern I can not think of a better way for neophyte nurses to engage the human experiences and perspectives of their patients nor can I think of a more relevant and comprehensive explanation of the philosophy and methods of existential phenomenology for seasoned researchers scientists and theoreticians Jacquelyn H Flaskerud PhD RN FAAN UCLA School of Nursing While addressing a wide readership this book focuses particularly on the nurse clinician and student demonstrating how a humanistic philosophy and research methodology has the potential to illuminate the deeper meanings of health crises and universal human experiences like pain and spiritual distress

Psychiatric and Mental Health Nursing for Canadian Practice Wendy Austin, Mary Ann Boyd, 2010-01-01 Rev ed of

Psychiatric nursing for Canadian practice Wendy Austin Mary Ann Boyd **American Book Publishing Record** ,2003

Subject Guide to Books in Print ,1996 **Compassion Fatigue and Burnout in Nursing, Second Edition** Vidette

Todaro-Franceschi,2019-03-18 Dr Todaro Franceschi calls us to look with open eyes open hearts and open minds at the good the bad the ugly and the ugliest in health care so that together we can cultivate a healthcare world in which compassion prevails and our shared humanity is embraced It is up to all of us to hold and safeguard each other in this sacred work Dr Todaro Franceschi helps us in this mission through this extraordinary book Mary Koloroutis RN MSN CEO Creative Health Care Management Minneapolis Minnesota Co Creator of the Relationship Based Care Model In this second edition of her seminal text Dr Todaro Franceschi offers new insights on professional quality of life incorporating current practice research literature and examples to show how contentment and happiness of the nursing workforce is related to quality of care The book provides practical strategies for dealing with a myriad of issues including compassion fatigue burnout moral distress caring for the dying PTSD and workplace violence This resource will help empower nurses so they can create a more compassionate work environment Written by an acknowledged expert in end of life education professional quality of life and clinical leadership the text addresses the complex nature of well being in the nursing workforce Supported by research but written from a holistic and personal perspective the text includes case studies and exercises that will help the reader to identify negative patterns and explore ways to find purpose in one s life New to the Second Edition Expanded emphasis on how workforce well being contributes to care quality Updated resources and information on national nursing initiatives related to professional quality of life New chapter on workplace violence incivility bullying and mobbing New chapter on education related to improving PQOL and work environment Provides a Nurse Leaders Resource Toolkit to guide staff education Key Features Articulates an ethic of care developed from a transdisciplinary perspective Increases nurse awareness of issues that might be hindering their PQOL Provides strategies for enhancing staff contentment and productivity thereby promoting a healthy work environment Includes real life examples from critical care end of life care hospice oncology and more Assists nurses with grief healing Beyond Burnout, Second Edition: Overcoming Stress in Nursing & Healthcare for Optimal Health & Well-Being Suzanne Waddill-Goad,2023-04-14 This book came at the perfect time The

information is very helpful and it s just nice to know so many others have similar challenges Trenda Ray PhD RN NEA BC Chief Nursing Officer Associate Vice Chancellor for Patient Care Services Clinical Assistant Professor UAMS College of Nursing Another edition of renewable energy reminding us to be our best This book takes us on a journey through stress burnout and post traumatic stress and sparks innovative solutions Kristin Christophersen DNP MBA RN NEA BC CENP CPHQ CLSSGB FACHE Healthcare Executive and Owner VitalNow LLC Beyond Burnout is timely relevant and critical to understanding the stressors that plague healthcare today Cindi M Warburton DNP FNP Executive Director Northwest Organization of Nurse Leaders Healthcare professions typically attract those who give deeply of themselves to make a

positive difference in others lives But that giving can come at a significant price burnout While the healthcare vocation offers myriad options in work settings and career paths it can also involve tremendous amounts of stress because of long shifts mental and physical exhaustion patient challenges and regulatory changes When stress and fatigue overtake a healthcare provider s ability to adequately cope with physically and emotionally taxing circumstances burnout is often the result potentially leading to compromises in quality and patient safety Since the publication of the first edition of this book the COVID 19 pandemic has only added dramatically to nurses and other healthcare providers stress exacerbating existing problems with strained resources and labor shortages In *Beyond Burnout Second Edition* author Suzanne Waddill Goad adds new strategies and up to date data driven information for building hardiness and resilience so that nurses and other healthcare workers can successfully navigate their increasingly challenging environment while reducing stress and preventing burnout

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Compassion Fatigue and Burnout in Nursing Vidette Todaro-Franceschi, 2012-09-20 This is an exceptional book and worth the investment for both the novice nurse who wants to proactively recognize compassion fatigue and for the experienced nurse who is struggling with professional quality of life

Journal for Nurses in Professional Development An excellent resource for all levels of nurses Highly recommended

Choice Current Reviews for Academic Libraries The book is a powerful expression of the needs of all nurses whatever their practice setting with an easily applied method of reaching out to our co workers and other healthcare professionals to improve our own lives and ultimately the welfare of our patients

ANA Maine Journal The Newsletter of the American Nurses Association Maine Todaro Franceschi has done a great service not only for nurses but for all professional health care providers who will find this book helpful in sustaining compassion satisfaction while avoiding fatigue and hopefully preventing burnout

The Forum This book is a good resource for nurses interested in helping themselves or others maintain a connection with the purpose of their work

Critical Care Nurse This book provides insight and solutions to compassion fatigue and burnout and can save numerous nurses from leaving a loved and valued profession

Advance For Nurses Compassion fatigue afflicts nurses working in all caring environments and has become a serious issue in health care institutions nationwide This is the only book to specifically address this challenge and the related syndrome of burnout in nursing It presents a unique healing model designed to identify treat and where possible avert compassion fatigue with holistic strategies and action plans that help cultivate a healthier more satisfying work environment The volume addresses risk factors for and manifestations of compassion fatigue burnout and other related experiences such as PTS death overload

collective trauma and moral distress and presents strategies to mediate and resolve these issues The author emphasizes ways in which dissatisfaction influences the quality of patient care and calls for nurses to reinvent their work environments to favor compassion contentment Case vignettes and exercises will help readers identify and alter patterns of negativity to reaffirm purpose in their professional lives Key Features Describes the positive and negative contributors to professional quality of life Explores the multifaceted nature of compassion fatigue and burnout in nursing Addresses the unique risk factors for nurses who work in critical care ER oncology medical surgical and palliative care areas Offers holistic self and group strategies and action plans to help leadership and staff nurses overcome compassion fatigue and promote work satisfaction Addresses gaps in education which contribute to the development of compassion fatigue and burnout Designed for nurses in stressful health care environments and nurse educators and students De-Escalating Violence in Healthcare

S. E. McKnight,2019-08 This book is a comprehensive guidebook of therapeutic de escalation techniques for nurses and other healthcare professionals to improve safety in healthcare facilities Readers will explore the concepts of aggression including risk factors de escalation and therapeutic communication They will also learn how to perform mental status assessments manage and even prevent aggressive behavior and practice conflict resolution and when faced with individuals with depressive disorders suicidal ideation and or self injurious behavior SIB engage in crisis intervention Specific therapeutic interventions for difficult behavioral issues associated with schizophrenia dementia bipolar disorder cognitive impairment anxiety and panic disorders are also covered as are stress management techniques to help patients cope tips for creating a caring and healing environment to stop violence before it starts and a framework for building a healthcare violence prevention program Nursing students and healthcare professionals of all educational levels will find this book to be immensely valuable De escalation is one of the most valuable skills a healthcare worker can possess Indeed all healthcare workers need this vital skill to help ensure their safety in the healthcare environment It s not uncommon for healthcare professionals to encounter an agitated or aggressive person How that healthcare worker responds will dictate whether the situation is defused or escalated perhaps even resulting in physical violence The goal of this book is to ensure the result is the former to prevent healthcare violence and to foster a safe healthcare workplace that benefits all and promotes peace and safety for everyone **The Heart that Rocks Health Care: Nurses, Move from Stress to Success, Empowerment and Influence**

Barbara Young,2021-10-06 A timely empowerment book for nurses to move from stress to success empowerment and influence by reawakening the foundational holistic roots of their profession and internal wisdom of caring and health Readers are guided from awareness to influence using the transformational self care model the AH SUCCESS Process based upon principles of well being holism epigenetics and metaphysics *Receive, So You May Give* Joyce E

Morrisette,2016-08-30 Healing the Distress of Nurses If you re feeling overwhelmed by your nursing career with no relief in sight there s hope Your peace and well being can be restored Joyce Morrisette RN took her own journey from stress to

serenity and now advocates for nurses in every phase of their careers From pausing reflecting and resting to step by step tools to protect yourself from toxic stress and prevent burn out you can learn to nurture and heal yourself so that you are in turn rejuvenated and present to help others In Receive So You May Give A Self Care Path for Nurses Morrisette invites caregivers to compassionately question beliefs habits and routines and become authors of their own lives With a goal of easeful balance in mind this guide shares useful tools ideas and actions that build and maintain health and resiliency You will learn Self care practices you can easily incorporate into your daily routines How to nurture others without abandoning yourself in the process Specific steps to bring your life back into balance How to rediscover your love for and commitment to caregiving Receive So You May Give is an invitation to renew your commitment to your own well being

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