

Regulatory Pressure and Competitive Dynamics: Carbon Management Strategies of UK Energy-Intensive Companies

The 4A's to Rise Above Moral Distress
Helping critical care nurses to make their optimal contribution to patients and their families

What is Moral Distress?

- Fearing the ethical appropriate action results in a conflict of interests
- Acting contrary to your personal and professional values

What are the causes of moral distress?

- Personal
- Interpersonal
- Environmental

What are the consequences of moral distress?

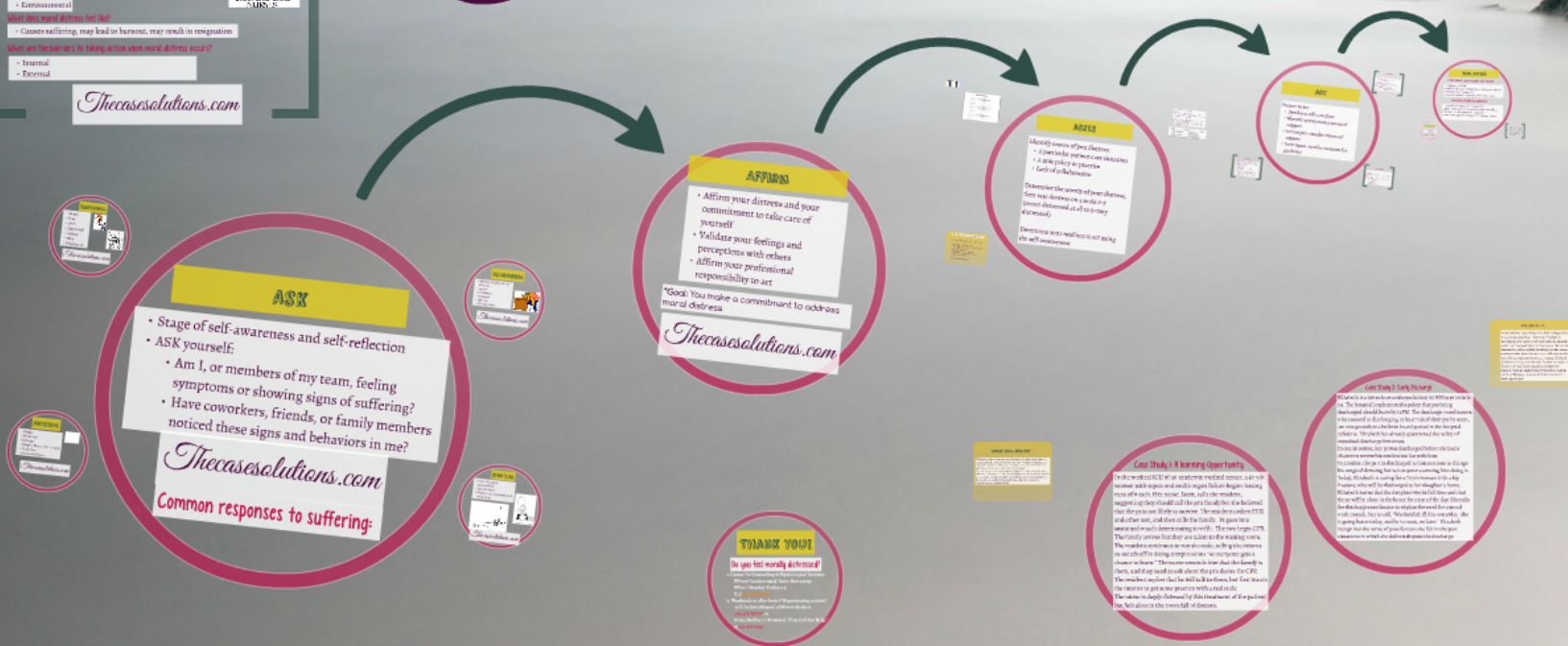
- Compassion fatigue
- Career waning, may lead to burnout, may result in resignation

What are the signs of moral distress?

- Internal
- External

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What is Moral Distress?
• Denying the ethically appropriate action to take, that is able to act upon it
• Acting contrary to your personal and professional values

What are the sources of moral distress?
• Personal
• Interpersonal
• Environmental

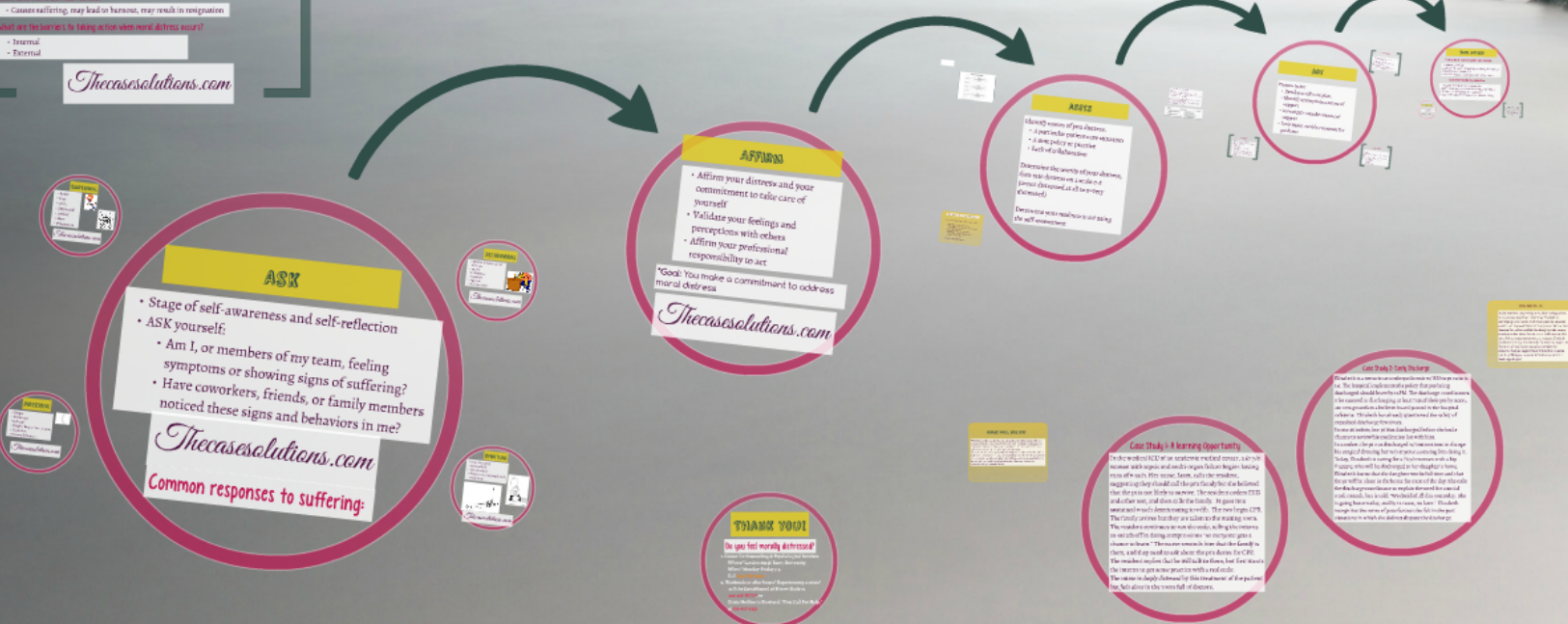
What are the consequences of moral distress?
• Cases of suffering, may lead to burnout, may result in resignation

What are the barriers to taking action when moral distress occurs?
• Internal
• External

THE CASESOLUTIONS APPROACH
NURSING
CRITICAL CARE
NURSES

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The 4A's to Rise Above Moral Distress

Helping critical care nurses to make their optimal contribution to patients and their families

What is Moral distress?

- Knowing the ethically appropriate action to take, but unable to act upon it
- Acting contrary to your personal and professional values

What are the sources of moral distress?

- Personal
- Interpersonal
- Environmental

AMERICAN
ASSOCIATION
of CRITICAL-CARE
NURSES

What does moral distress feel like?

- Causes suffering, may lead to burnout, may result in resignation

What are the barriers to taking action when moral distress occurs?

- Internal
- External

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EMOTIONAL

- Anger
- Fear
- Guilt
- Depressed
- Anxiety
- Hurt
- Frustration



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BEHAVIORAL

- Addictive behavior alcohol, drugs etc
- Apathy
- Indifference
- Avoidance
- Agitation
- Shaming others



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ASK

- Stage of self-awareness and self-reflection
- ASK yourself:
 - Am I, or members of my team, feeling symptoms or showing signs of suffering?
 - Have coworkers, friends, or family members noticed these signs and behaviors in me?

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Common responses to suffering:

PHYSICAL

- Fatigue
- Exhaustion
- Lethargy
- Weight changes (loss or gain)
- Headaches
- Impaired sleep etc.



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SPIRITUAL

- Loss of meaning
- Crisis of faith
- Loss of control
- Disconnection w/ people, work, community



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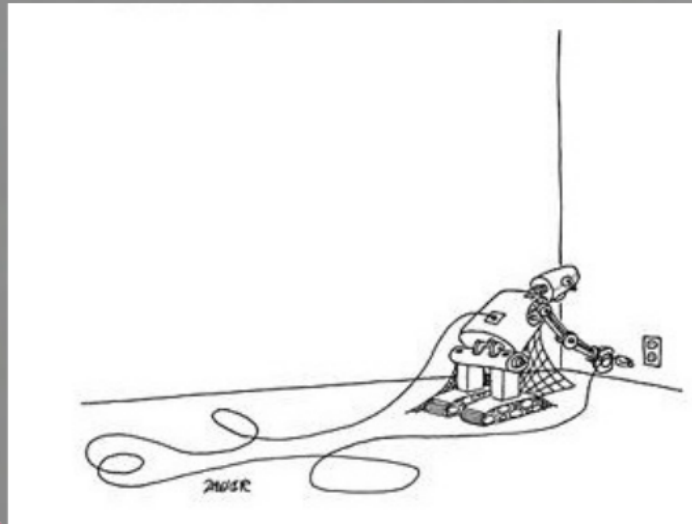
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AFFIRM

- Affirm your distress and your commitment to take care of yourself
- Validate your feelings and perceptions with others
- Affirm your professional responsibility to act

***Goal:** You make a commitment to address moral distress

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