

*Correspondence***Compassion fatigue: A dramatic and unfavorable consequence in the nursing profession**Reza Abdollahi <sup>a\*</sup>  | Shabnam Rasoulpoor <sup>b</sup> 

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Email: [rezaabdollahi97@yahoo.com](mailto:rezaabdollahi97@yahoo.com)<https://doi.org/10.32598/JNRC.P.2403.1044>This is an open access article under the terms of the [Creative Commons Attribution-NonCommercial 4.0 License](https://creativecommons.org/licenses/by-nc/4.0/) (CC BY-NC 4.0).

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**To the Editor**

Nurses are one of the most important pillars of the treatment department, who, according to their professional role, are responsible for important tasks such as mental and physical care of the patient, if the above activities do not follow the principles of safety, as well as peace and well-being at work, in the occurrence of physical disorders and the psychology of this group plays a significant role [1]. They are compassionate caregivers who take care of people who experience physical, mental, or spiritual pain, and due to the special conditions of their profession, they experience a lot of pressure and stress that this pressure and stress over time causes adverse consequences in nurses. One of the important and significant consequences is the exhaustion of nurses from compassion for patients [2].

Compassion fatigue is a type of burnout that occurs in caregivers who help traumatized patients. Compassion fatigue is the result of indirect traumatic events that occur by helping people who have directly experienced traumatic events [3]. Compassion fatigue is due to the relationships and interaction of nurses with patients. Seeing the suffering of patients leads to mental, physical, and emotional changes in nurses [4]. Compassion fatigue is defined as the natural behavior and emotions resulting from recognizing a traumatic event experienced by others or from helping an injured person [5]. A phenomenon that nurses constantly face. If this phenomenon is not treated, it can cause a disturbance in the person's performance, mental damage, a decrease in the quality and outcome of care, and gradually a feeling of callousness arises in the person, and the person becomes insensitive and indifferent

towards the clients [6]. However, factors such as a person's support system, a person's ability to share his feelings with others, and his crisis management power can affect a person's response to existing conditions [7].

In sum, shaft fatigue is a dramatic consequence of the nursing profession. Nurses who constantly witness the pain and suffering of patients become sensitive and vulnerable, but due to the nature of their work, they have to endure these conditions. The same job tolerance can have consequences such as job dissatisfaction and reducing the quality and quantity of care provided by nurses. Also, because fatigue is mainly caused by excessive empathy with the patient, it is suggested to use training on the correct way of empathy to reduce the fatigue caused by compassion in nurses.

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**Authors' contributions**

Substantial contributions to the conception or design of the work; or the acquisition, analysis, or interpretation of data for the work: RA, SR; Drafting the work or revising it critically for important intellectual content: RA, SR; Final approval of the version to be published: RA, SR; Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved: RA, SR.

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### Availability of data and materials

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### Using artificial intelligent chatbots

None.

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