Compassion literacy for renal nurses: is it relevant, and is it useful?
Letitia Burridge, Sarah Winch, Margaret Kay & Amanda Henderson

Renal Society of Australasia Queensland Branch
16 February 2016

Further resources

1) Read and reflect on the article on which the above presentation is based:

2) Watch Brené Brown’s you-tube clip explaining the important difference between sympathy and compassion:
   https://www.youtube.com/watch?v=1Evwgu369Jw OR: https://vimeo.com/81492863

3) Take the ProQOL test to check your levels of compassion satisfaction and compassion fatigue. The following website will automatically calculate your scores and provide a brief explanation for each:

4) Complete the Self-Compassion Scale. If it moves us to action when we encounter someone who is suffering, we can also show ourselves the same active compassion during a difficult time. The following website will calculate and explain your results:
   http://self-compassion.org/self-compassion-scales-for-researchers/

5) Try some exercises on the following menu, to build your self-compassion:
   http://self-compassion.org/category/exercises/

   No time for that? Take 5 minutes to read the following issue of The Conversation: https://theconversation.com/overworked-good-habits-not-holidays-are-the-answer-17744

6) Learn how to build peer coaching into regular team meetings, to mobilise compassion literacy:
   https://hbr.org/2015/02/use-your-staff-meeting-for-peer-to-peer-coaching