

# Moral Injury and the Perianesthesia Nurse

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Good Morning!

What it is  
Phenomenon

How to Identify It  
What it lookslike

What to do about it  
Address it

**CAUTION!**

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## Morals & Florence

MORAL DEFINITION - WHAT YOU BELIEVE TO BE RIGHT AND WRONG

Florence "A woman cannot be a good and intelligent nurse without being a goodand intelligent woman"

Fowler, M.D., (2011) "The Nightingale Still Shines: Ten Ethical Themes in Early Nursing in the United Kingdom, 1888-1987" OJIN, Vol. 24, No. 2

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## Nurses are #1

20 YEARS IN A ROW!

Gallup Poll 1-12-2022 new.gallup.com

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# Moral Injury

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Andrew Jameton - 1984  
Listening to nurses

**Definition**  
The psychological distress that results from actions, or lack of them, which violate someone's moral or ethical code.

Jameton, A. 2017. What Moral Distress in Nursing History Could Suggest about the Future of Health Care. AMA Journal of Ethics. 19(6):617-628

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## Dean & Talbot

**MORAL INJURY**  
Unable to provide high-quality care and healing in the context of health care.

Dean, W, Talbot, S. 2019. Reframing Clinician Distress: Moral Injury. Nat. Reviews. Endocr. 2019 Sep; 14(9): 606-607

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## Military History ○○


**IDENTIFIED IN MILITARY PERSONNEL**

Experienced in Civil War, WWII, and Vietnam.  
Currently seen in military personnel.


Use of battlefield strategies

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## Other Professions




Educators



Physicians

Police Officers



Social Workers

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*Moral Injury is a NORMAL human response to a situation you are put into without any control!*

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## Who is At Risk? ○○

**H E R O**

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### Change in Ethical Focus

**Public Health Ethics ○○**  
Equity, common good, risk & benefit to society

**Patient-Centered Ethics**  
Duty to care for a patient, autonomy

**Public Health Focus**  
Rationing  
Care that falls short of "normal"  
Lack of essential resources

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## CASE STUDY

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**Circumstances**

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**SITUATIONS THAT CAN LEAD TO MI**

- Poor Communication by Supervisors
- Caring for too many patients
- Working with less trained team members
- Personnel from other departments

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**Short term vs Long Term  
Surgical vs Systemic**

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<p><b>Ethical Dilemmas</b></p> <p>○ ○</p>	<p>□ <b>FAIRNESS &amp; JUSTICE</b> triage patients</p>	<p>□ <b>DUTY TO CARE</b> equality limited resources compassionate care</p>
	<p>□ <b>PERSONAL SAFETY VS PROFESSIONAL INTEGRITY</b> care for patients vs care for self</p>	<p>□ <b>RE-NARRATED JOB DESCRIPTION</b> innovators mechanics problem solvers</p>

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**CASE STUDY**

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**Signs & Symptoms**

- Feelings
- Emotions
- Physical

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<p><b>PTSD</b> Traumatic Event Threatened with death</p>	○ ○
<p><b>MORAL INJURY</b> The conflict of making decisions which violate your moral values</p>	

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CARRYING A GREAT WEIGHT

Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear.

C.S. Lewis

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# Anti-Vaxxers

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## Moral Injury Scales

MEIS - Moral Injury Events Scale	<p><b><u>MMD-HP - Measure of Moral Distress for Healthcare Professionals</u></b></p> <p>Measures Frequency of Occurrence AND Distress Level</p> <p>#1 Reason - Continue aggressive treatment</p> <p>#3 Reason - Care for more patients than I can safely care for.</p>
EMIS-M - Expression of Moral Injury Scale- Military Version	
MIQ-Moral Injury Questionnaire	

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## RESULTS OF MORAL INJURY

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Broken Trust

Sense of Powerlessness

Sense of Betrayal

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## Institutional Responsibilities

Address Moral Injury	Offer Supportive Engagement
Regular Debrief	Tailored Psychological Support

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# THERAPY

- COGNITIVE PROCESSING THERAPY
- PROLONGED EXPOSURE THERAPY
- EMOTIONAL FREEDOM TECHNIQUES
- DEEP LISTENING

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# STRUCTURAL SUPPORT

OPEN UP  
VISIBILITY  
UNDERSTANDING  
ACCOMPLISHMENTS  
ACKNOWLEDGE SUCCESSES

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AS A MANAGER

← →

EARLY Support  
AFTER Care

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# SELF-CARE STRATEGIES

- MORAL RESILIENCE
- SELF-STEWARDSHIP
- SPIRITUAL PRACTICES
- EMPLOYEE ASSISTANCE PROGRAM

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# SELF-HEALING

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# RESOURCES FOR YOU!

AACN - Position Statement  
VA - Healthcare  
Volunteers of America

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**We are Extraordinary Nurses!**

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## Bibliography

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