MORAL DISTRESS
CONTRIBUTING FACTORS, OUTCOMES AND INTERVENTIONS

An overview of the nursing literature

Mr Adam Burston, Clinical Lecturer and Research Higher Degree Candidate, The University of Queensland, School of Nursing & Midwifery.

Dr Anthony Tuckett, Deputy Director, The University of Queensland/Blue Care Research and Practice Development Centre; Australian Centre for Evidence Based Community Care (ACEBCC)-Collaborating Centre JBI; Member, STTI Phi Delta-at-Large Chapter.
Objectives

- Recognize and describe key contributing factors and outcomes of moral distress.
- Describe interventions to aid in the recognition and reduction of the intensity and frequency of moral distress encounters.
What is Moral Distress?
Literature Review

- Key words - moral distress, moral distress scale, nursing home* and long-term care.

- Mining of reference lists provided additional sources.

- Did not set out to answer a specific question, but was conducted in a systematic manner.

Moral Distress Literature

Theme 1
- Critical care
- ICU
- NICU
- PICU

Theme 2
- Military
- Medical/Surgical
- Palliative
- Mental Health
- Midwifery
- Nurse Practitioner
- Personal Assistant
- Older Person
- School Nurses
- Nurse Managers

Theme 3
- Medicine
- Geneticists
- Neurologists
- Pharmacy
- Podiatrist
- Psychiatrist
- Psychologist
- Respiratory Care Practitioner
- Social Worker
Why is it important?

- Contributes to decreased quality of care, diminished workplace satisfaction, physical and emotional illness, burnout, and staff turnover.

- Flow on effects such as increased length of stay and the need for additional treatment interventions can arise.

- Poor care provision is deleterious to an organization's reputation.
Contributing Factors

- Individual characteristics
- Site specific systems
- Broader external influences
Outcomes from MD

- Towards self
- Towards others
- Towards the system
Interventions

- Individualistic approach
- Collaborative approach
 Contributing Factors

- Individual
  - Character Traits
  - World View
  - Experience
  - Relationship

- Site Specific
  - Resourcing
  - Staffing
  - Care
  - World of Work

- Broader External Influences

Outcomes

- Towards Self
- Towards Others
- Towards the System

Interventions

- An Individualistic Approach
- A Collaborative Approach
Questions