

Understanding Compassion Fatigue in the Veterinary Profession: A Comprehensive Research Analysis

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Introduction and Objectives

Those in the veterinary field are dedicated to improving the physical and emotional wellbeing of animals, and therefore many veterinary professionals experience mental health issues, more specifically, compassion fatigue (CF) (Carreras, 2022). With veterinarians having one of the highest rates of suicide, its imperative to understand what compassion fatigue in the veterinary field (Stoewen, 2015). This study explores the causes, impacts, and possible solutions for compassion fatigue in veterinary professionals.

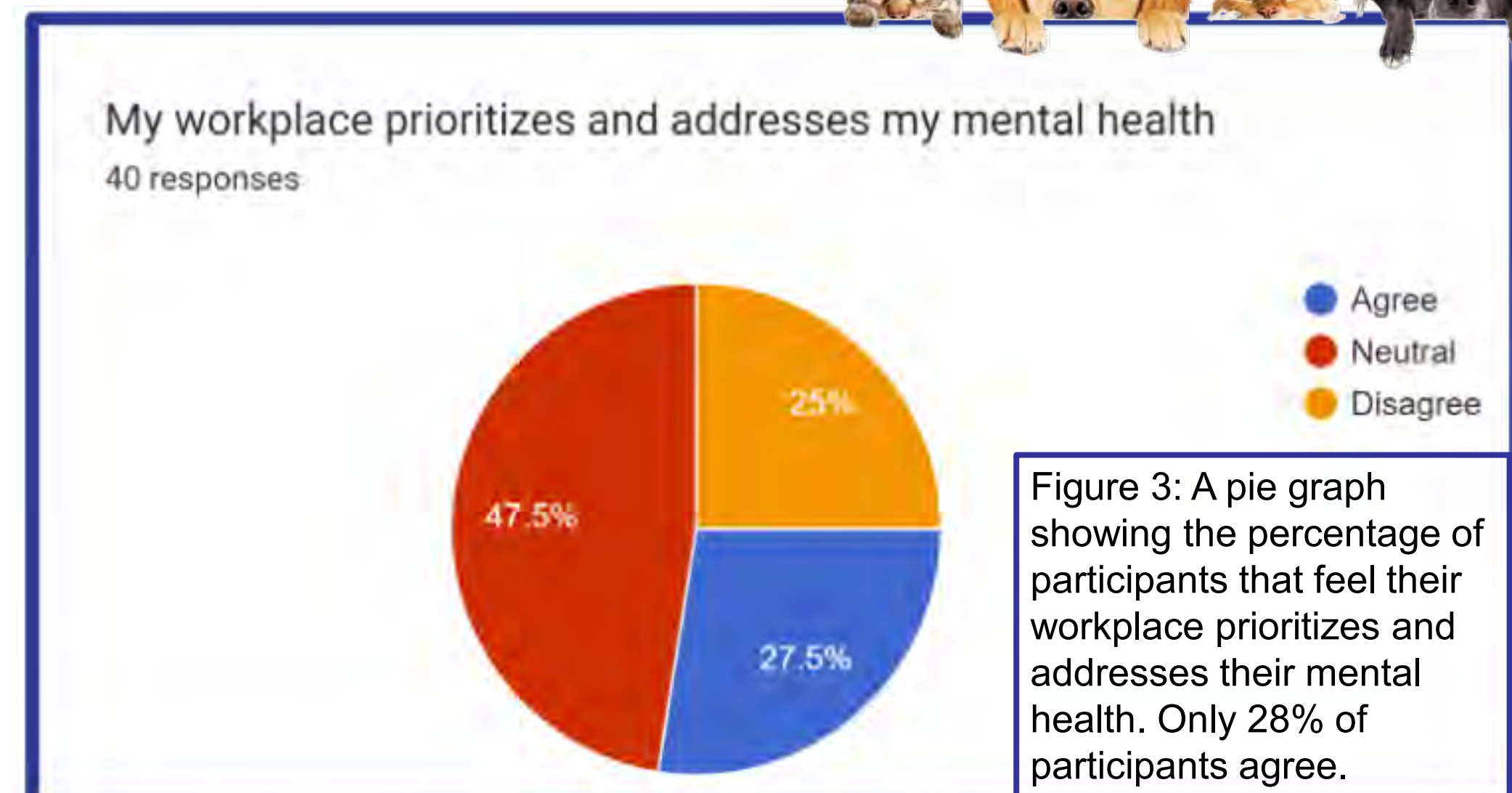
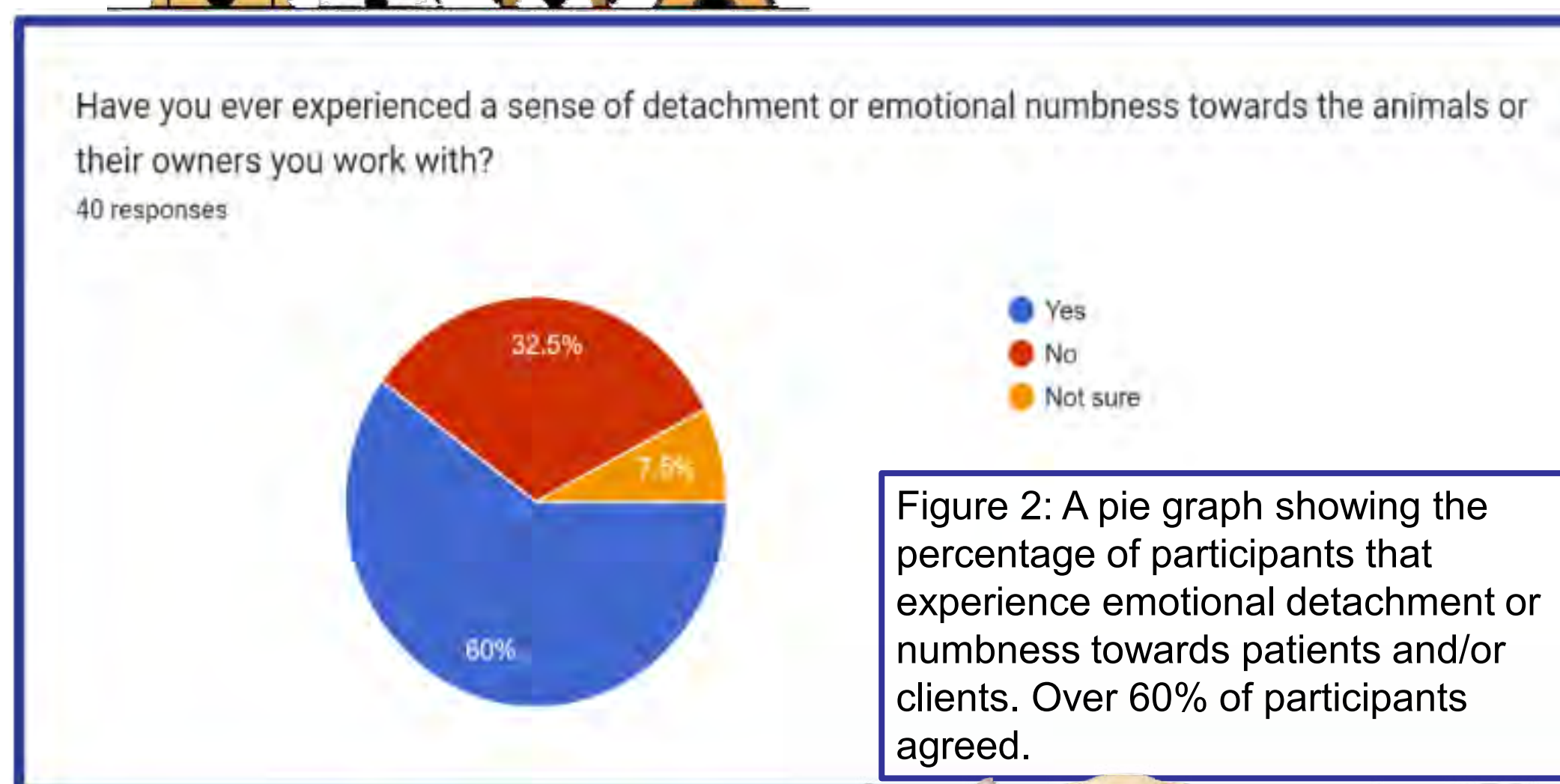
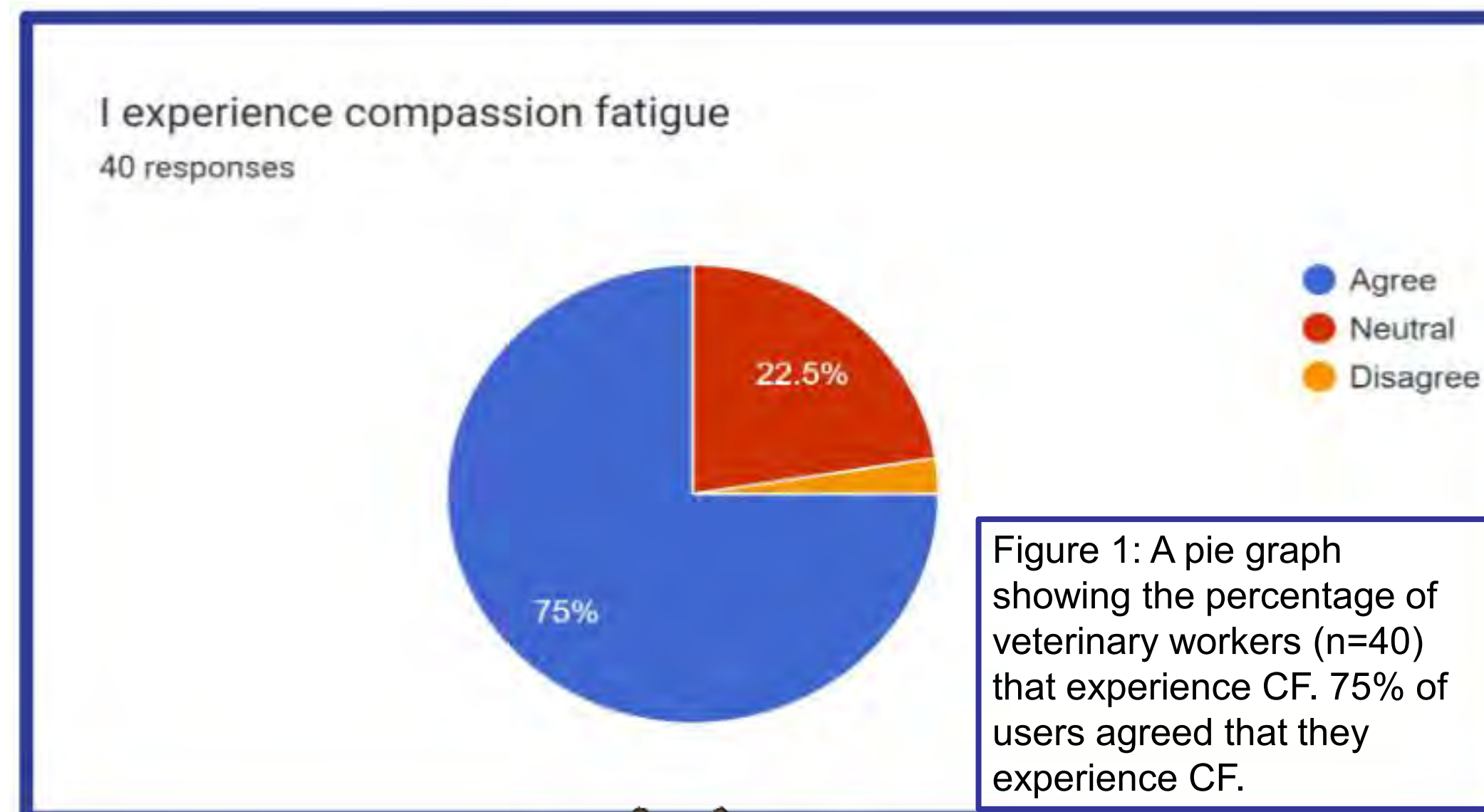


Methods

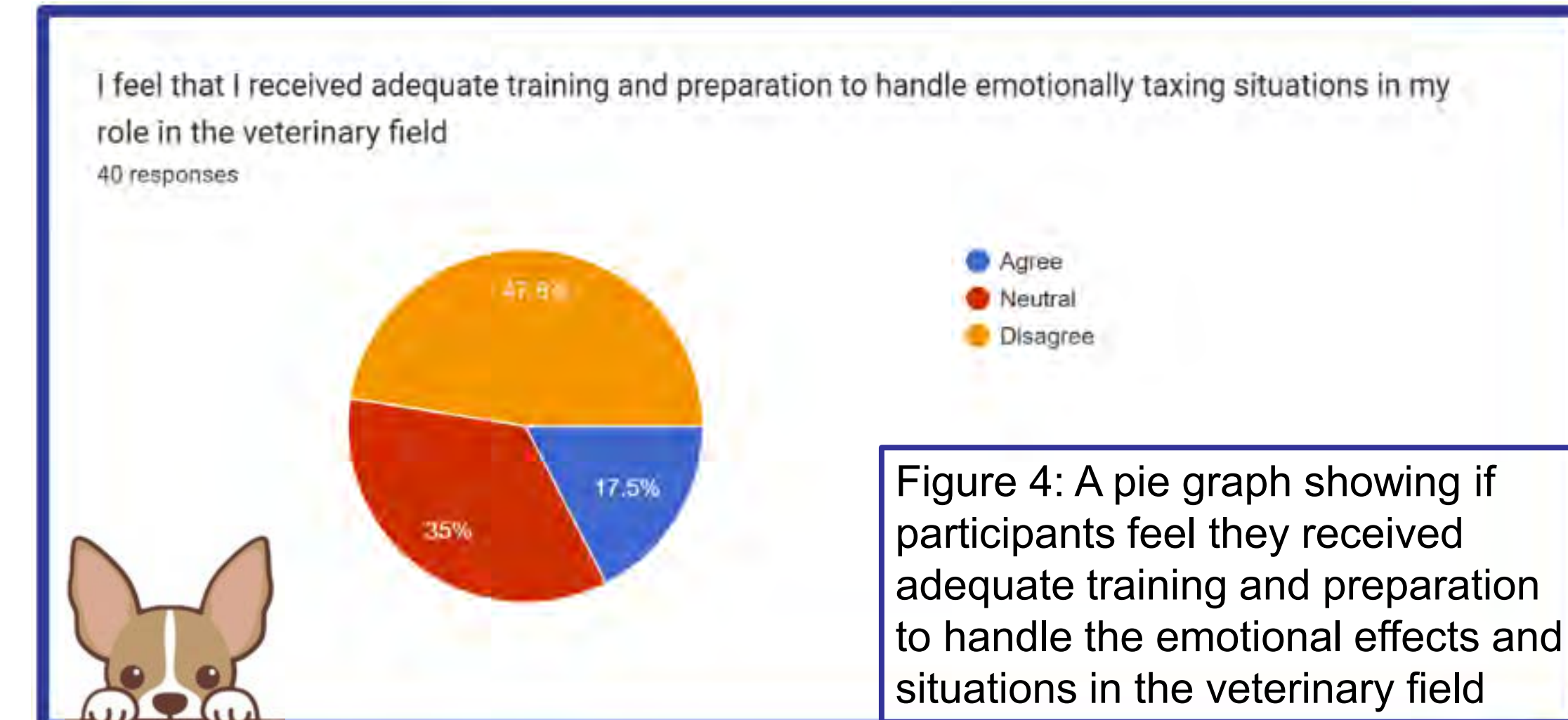
- After a brief literature review was conducted, a survey was created that included multiple choice using the likert scale
- Sent out to Pre-veterinary club, Blue Pearl Hospitals in the Phoenix Metropolitan Area, and advertised on social media
- Patterns and trends were drawn from the survey results to see the prevalence, and possible solutions for compassion fatigue in the veterinary field



Results



Results



Conclusions

The results show that compassion fatigue is extremely prevalent in the veterinary profession. Compassion fatigue ultimately leads to lack of sympathy and detachment with patients and clients, reducing quality patient care. Many in the field don't feel properly prepared for the draining effects of veterinary medicine.

Training and preparing veterinary workers for the emotional effects of veterinary medicine should start as early as in one's education (undergraduate, vet tech/vet med school). Management and companies should also take more notice to their employees needs and provide compassion fatigue specific resources, rather than generic therapeutic resources.



Literature Cited & Acknowledgements

Steve Carreras Ph.D., M. (2022, December 27). *Compassion fatigue in veterinary medicine*. MentorVet. <https://www.mentorvet.net/articles/compassion-fatigue#:~:text=Compassion%20fatigue%20is%20another%20risk,can%20contribute%20to%20compassion%20fatigue>.

Stoewen D. L. (2015). Suicide in veterinary medicine: let's talk about it. *The Canadian veterinary journal = La revue veterinaire canadienne*, 56(1), 89-92.

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