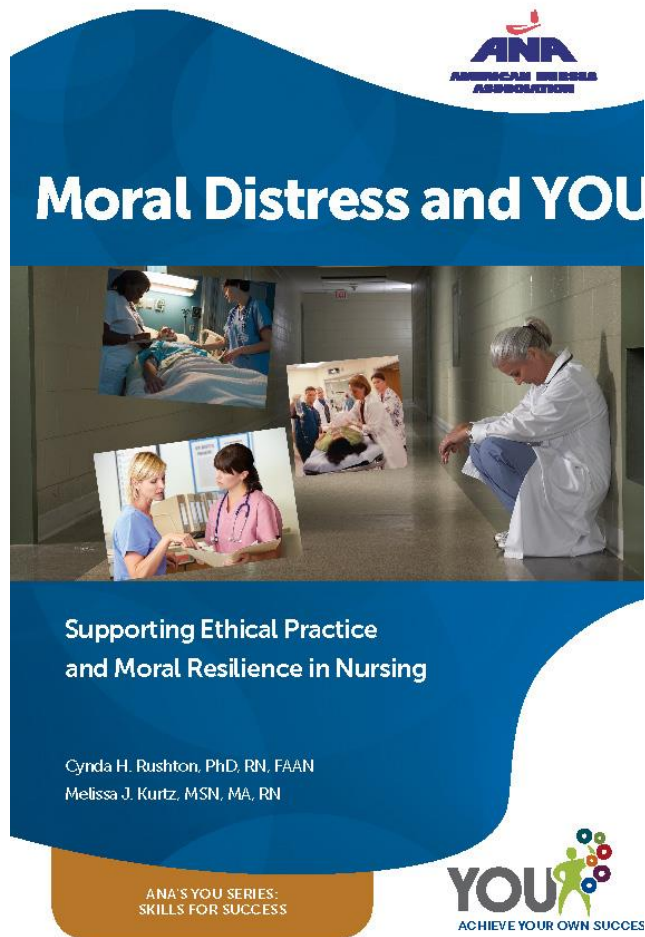


# Moral Distress and You: Supporting Ethical Practice and Moral Resilience in Nursing

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## Approaching Moral Distress

- Defining Moral Distress
- Categorizing Moral Issues

## Understanding Moral Distress

- Incidence of Moral Distress
- Consequences of Moral Distress

## Contributors to Moral Distress

- Individual Factors
  - Worldview/Perception
  - Past Professional Experiences
  - Degree of Mental and Emotional Stability
  - Perceived Powerlessness
  - Lack of Moral Sensitivity and Moral Reasoning

## Organizational Factors

- Scarce Resources
- Ineffective Teamwork
- Lack of Leadership and Peer Support
- Institutional Values and Policies
- Fear of Litigation

## Building Capacities to Address Moral Distress

### Individual Capacities

- Self-Awareness
- Self-Regulation
- Moral Courage
- Self-Reflection and Self-Care
- Conscientious Objection

### Organizational and Professional Capacities

- Organizational Policies
- Organizational Support Services
- Identifying Supportive Leadership
- Professional Standards and Guidelines
- Engagement in Political Advocacy

## Dealing with Moral Distress: Tools and Resource

## References

