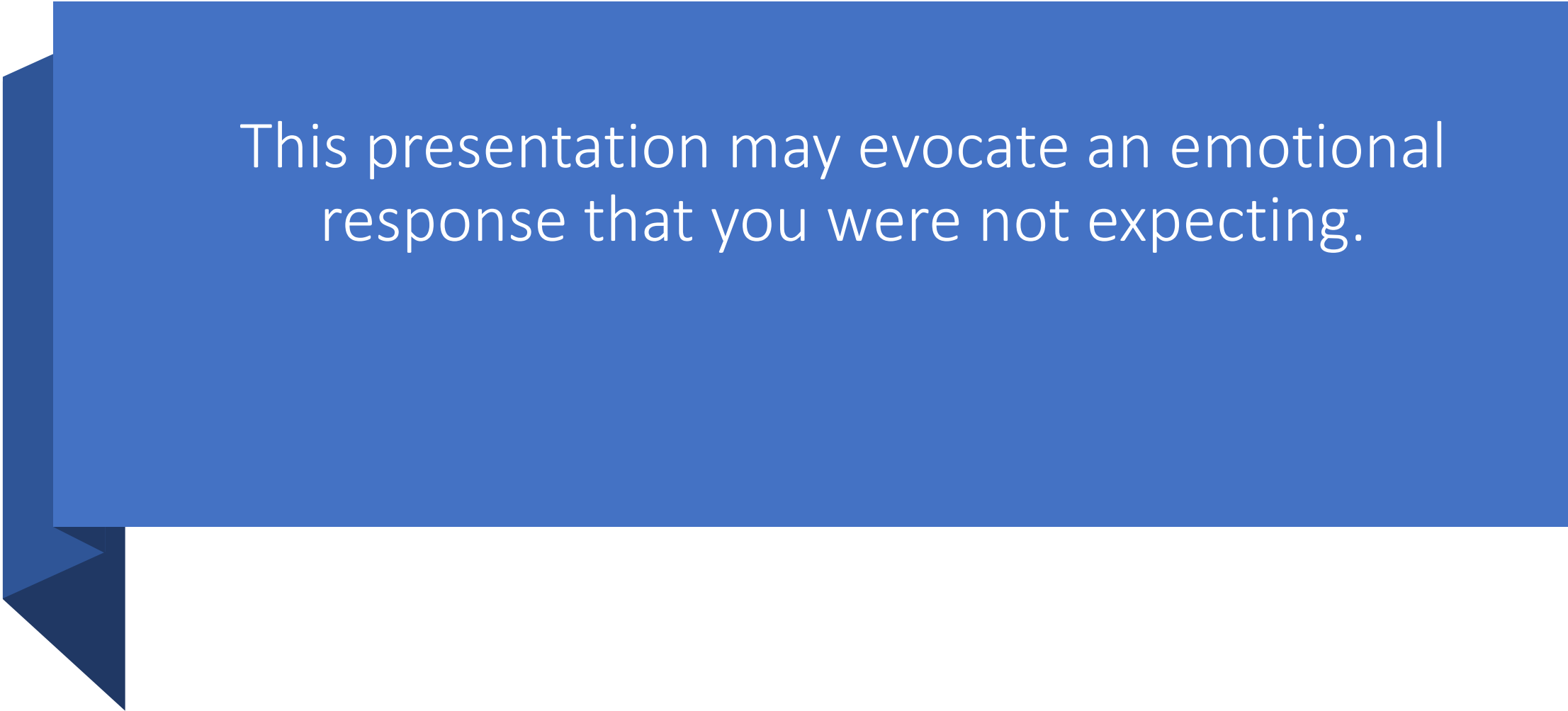




# Moral Injury in ICU The role of the PNA.

Emma Long

A blue speech bubble graphic with a white text box inside. The bubble has a dark blue shadow on the left side, giving it a 3D effect. The text is centered within the white box.

This presentation may evoke an emotional response that you were not expecting.



# What is Moral Injury?

"when one knows the right thing to do, but institutional constraints make it nearly impossible to pursue the right course of action"  
(Jameton 1984)



As a continuum  
and is individual

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Many of us will have experienced at some point in our career the moral challenge of witnessing behaviors that we would consider wrong.



**PM: many more families will lose their loved ones**

- Coronavirus is having public health crisis as government says it is aware
- UK deaths toll rises to 20,000 as experts warn 20,000 more could be affected
- British schools to stay open as European nations close theirs



**First UK death from coronavirus as toll rises**

Woman in 70s dies after contact with an infected case

**LOCKDOWN 2 TO AVOID DISASTER**

PM's last-ditch plan to save NHS and Christmas

**SHOCKDOWN**

Medical disaster? Into new lockdown

**LOCKDOWN SPARKS CIVIL V**



**HOUSE ARREST**

PM: 'Stay at home, this is a national emergency'

**Virus 'may last a year and put 8m in NHS hospitals'**

**Nothing can stop virus sweeping Britain**

After UK's biggest spike in cases, chief medical officer warns...

**EXPRESS**

**US LATEST: WE WILL GET THROUGH THIS BUT LIFE WILL CHANGE'**

- First Minister issues stark warning as social distancing measures are announced
- Blanket school closures edge closer as number of positive cases jumps again



**Life put on hold**

**Queen urges country to be strong in face of crisis**

Free delivery for 12 weeks

**A glimmer of hope?**

- Lockdown plan: Britain can 'have the date' we have to live to
- China will have a date without any new Covid-19 cases
- Even British police begin to stop the coronavirus cases
- But health officials warn it's vital to keep avoiding gatherings

**THE TIMES**

**Nothing can stop virus sweeping Britain**

**THE NATIONAL**

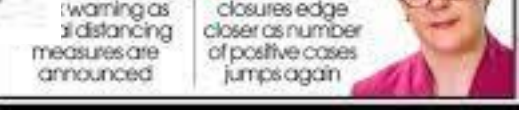
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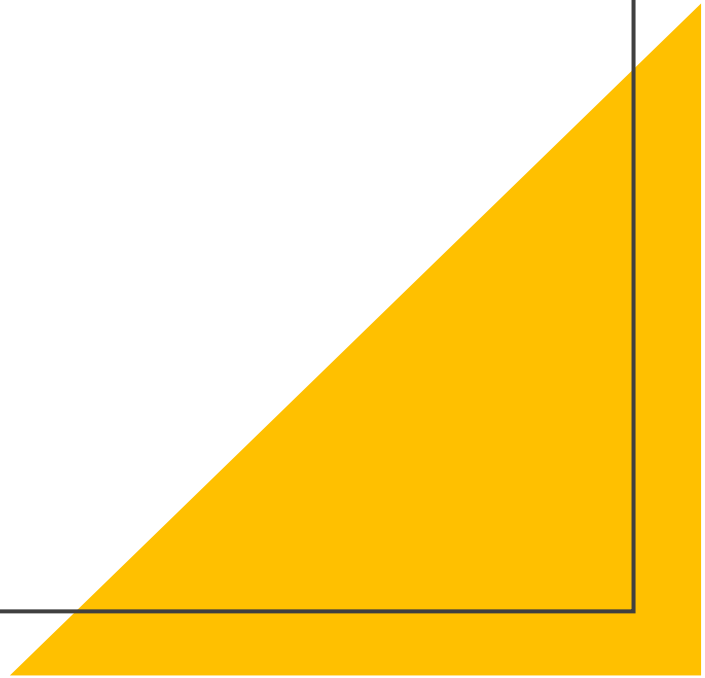


#clapforourcarers

I'M JOINING THE NATION IN SAYING THANKS TO OUR KEY WORKERS THIS THURSDAY AT 8 PM









# Growth

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“unexpected growth that people report  
in the aftermath of traumatic life  
events”.

(Tedeschi and Calhoun 1995)



# Example from Practice



Due to time constraint  
of the course data is  
from 6 people



Data was collected in  
May/June 2021

# Who did I approach.



# Moral Distress Scale Revised (MDS-R)

	Frequency					Level of Disturbance					
	Never		Very frequently			None		Great extent			
	0	1	2	3	4	0	1	2	3	4	
1. Provide less than optimal care due to pressures from administrators or insurers to reduce costs.											
2. Witness healthcare providers giving "false hope" to a patient or family.											
3. Follow the family's wishes to continue life support even though I believe it is not in the best interest of the patient.											
4. Initiate extensive life-saving actions when I think they only prolong death.											
5. Follow the family's request not to discuss death with a dying patient who asks about dying.											
6. Carry out the physician's orders for what I consider to be unnecessary tests and treatments.											
7. Continue to participate in care for a hopelessly ill person who is being sustained on a ventilator, when no one will make a decision to withdraw support.											
8. Avoid taking action when I learn that a physician or nurse colleague has made a medical error and does not report it.											
9. Assist a physician who, in my opinion, is providing incompetent care.											
10. Be required to care for patients I don't feel qualified to care for.											
11. Witness medical students perform painful procedures on patients solely to increase their skill.											
12. Provide care that does not relieve the patient's suffering because the physician fears that increasing the dose of pain medication will cause death.											
13. Follow the physician's request not to discuss the patient's prognosis with the patient or family.											
14. Increase the dose of sedatives/opiates for an unconscious patient that I believe could hasten the patient's death.											
15. Take no action about an observed ethical issue because the involved staff member or someone in a position of authority requested that I do nothing.											
16. Follow the family's wishes for the patient's care when I do not agree with them, but do so because of fears of a lawsuit.											
17. Work with nurses or other healthcare providers who are not as competent as the patient care requires.											
18. Witness diminished patient care quality due to poor team communication.											
19. Ignore situations in which patients have not been given adequate information to insure informed consent.											
20. Watch patient care suffer because of a lack of provider continuity.											
21. Work with levels of nurse or other care provider staffing that I consider unsafe.											
If there are other situations in which you have felt moral distress, please write them and score them here:											

Have you ever left or considered quitting a clinical position because of your moral distress with the way patient care was handled at your institution?

No, I've never considered quitting or left a position \_\_\_\_\_

Yes, I considered quitting but did not leave \_\_\_\_\_

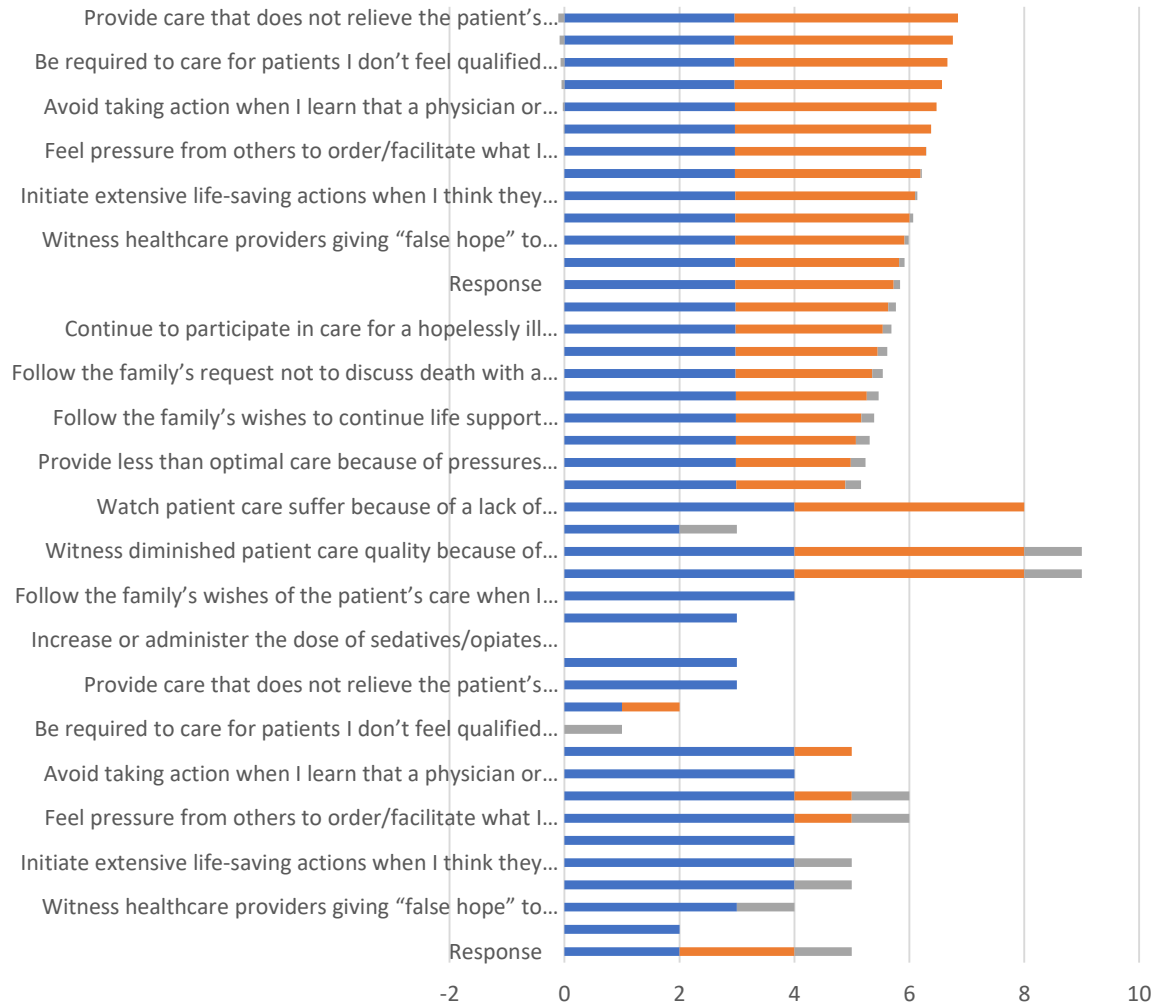
Yes, I left a position \_\_\_\_\_

Are you considering leaving your position now? Yes      No

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## Moral Distress:



- Orange line is average scores of the participants pre RCS.
- The Blue is 24hours post RCS.

# Implications for Practice.

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Longer and large cohort is needed to really understand the effects of RCS on reducing moral distress in the ICU is currently ongoing.

RCS is now offered to new starters, students on the introduction to ICU course, the ICU course, band 6 pathway, team days, weekly online drop-in sessions and adhoc as needed.





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"One day you'll look back and  
realise how hard it was, and just  
how well you did."