COMPASSIONATE CARE INITIATIVE: CULTIVATING A RESILIENT HEALTHCARE WORKFORCE

In today’s high-stress and complex health care environments, attrition and burnout threaten the nursing profession and contribute to depersonalized care, low morale, and costly and dangerous errors. Through the Compassionate Care Initiative, the UVA School of Nursing is developing innovative programs to build resiliency in our nursing students, faculty, and practitioners across the UVA Health System. Our vision is to build on this work locally and nationally to provide specialized training to nurses, physicians, and other healthcare professionals.

Resilient nurses thrive in the profession. They also ensure the functioning and fiscal health of our nation’s hospitals and healthcare systems -- where patients and families receive high quality, safe, and compassionate care. Hospitals thrive with resilient nurses.

WHAT DOES IT TAKE?

- **Investment in Research**
- **Programmatic Support**
- **Start-up Funding**

SUSAN BAUER-WU, PHD, RN, FAAN

**EXPERTISE**
Stress resiliency, mind-body interventions, palliative/end-of-life care, integrative oncology

**IMPACT**
Resilient caregivers provide better care

**IN HER OWN WORDS**
Resilient and compassionate nurses are taught, not born. Learning to buoy your own spirit in times of difficulty and stress is an essential step in providing the best care to your patients and families.

HOW CAN YOU HELP?

- **$5,000** equips and maintains a portable Resiliency Room
- **$50,000** funds on-site resiliency programs for students and faculty
- **$100,000** funds two resiliency retreats for every nursing student each year
- **$250,000** creates a pilot outreach program for home health and nurses’ aides
- **$500,000** endows a named research fund

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