

Moral Distress

Moral distress occurs when an individual's moral integrity is seriously compromised, either because one feels unable to act in accordance with core values and obligations, or attempted actions fail to achieve the desired outcome.

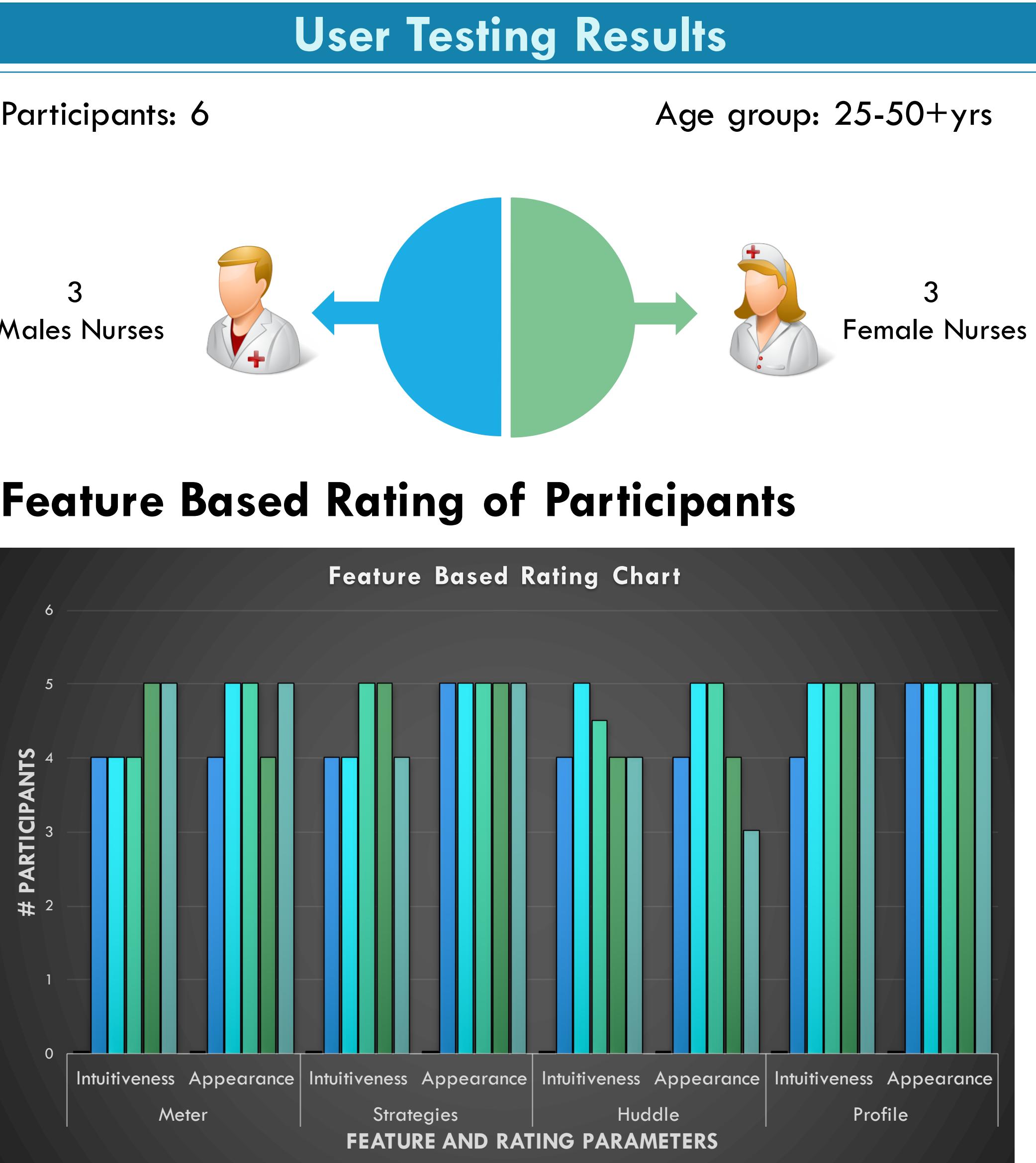
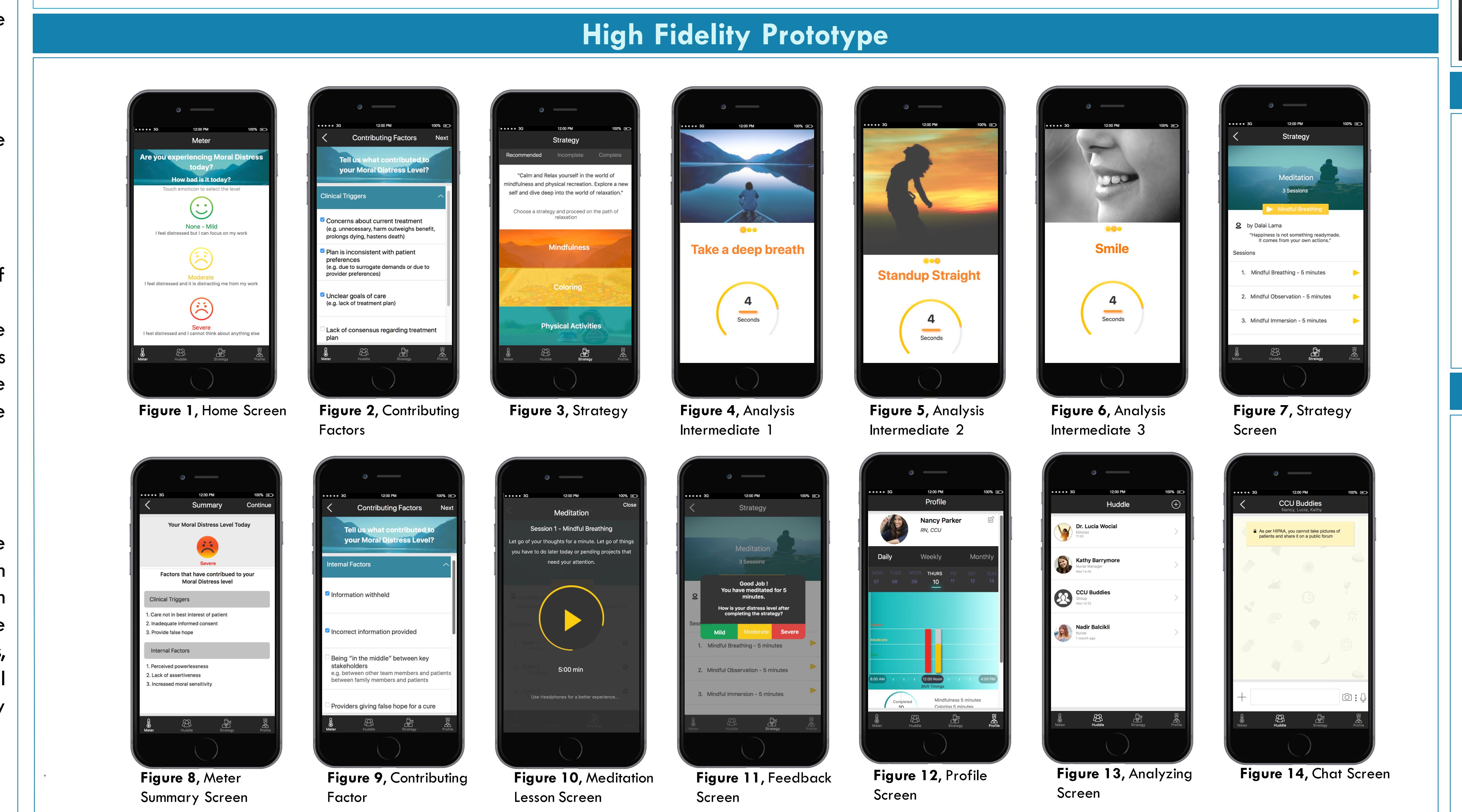
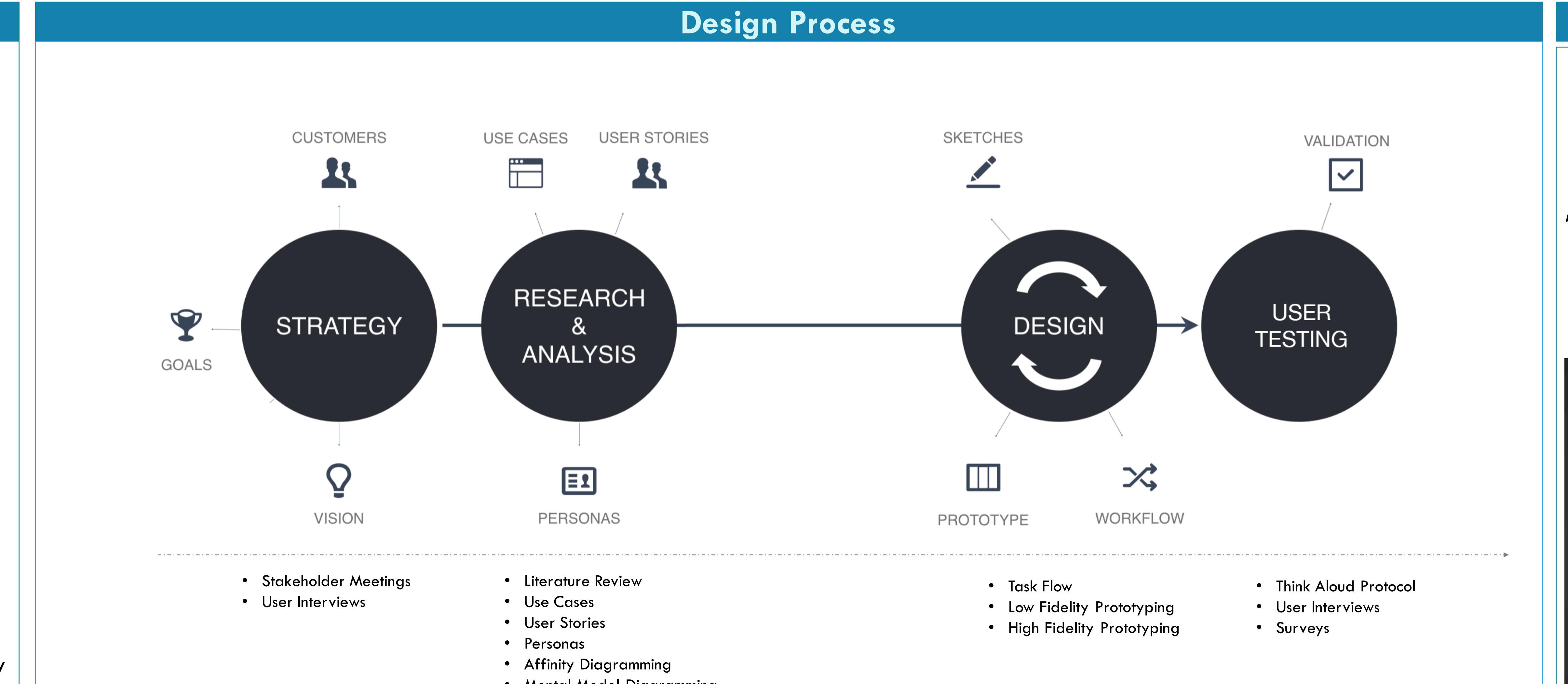
Factors causing Moral Distress

Moral distress is a very prevalent phenomenon among health care practitioners, that includes:

1. Job dissatisfaction
2. Burnout
3. Emotional Exhaustion on the job
4. Staff Turnover, that further results in reduced quality of patient care
5. Another recent multi-site study conducted of 323 healthcare professionals, including nurses, suggests that professionals who look to leave the healthcare profession or who have already left the profession rate moral distress as the prime cause of this decision.

Dr. Wocial's Research

Dr. Wocial aims to provide a healthy environment, where critical care nurses make their optimal contributions to patients and families. In this attempt they are looking to develop a mobile application which will enable the nurses to record their level of moral distress. There are many contributing factors to the feeling of Moral Distress such as, Clinical Triggers, Internal Factors, Communication and Interpersonal issues, Institutional and Environmental factors, Legal and Regulatory factors etc.



Testimonials

"This is a great idea" "I have not done mindful activities before"
 -Strategy Concept

"I liked the huddle concept"
 -Huddle Concept

"It was easy quick"
 -Meter Recording

- ## Future Work
1. Nurse Manager Application to aggregate Moral Distress Level for a group of nurses
- Aggregate Moral Distress Level:
 1. Weekly
 2. Monthly
 3. Daily
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2. Notification to the Nurse Manager on a Wearable Device
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