

# Compassionate Nursing Care: A Refined Approach to Facilitate Healing – An Expository Perspective Review

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## ABSTRACT

This expository perspective review critically examines the role of compassionate nursing care as a refined approach to enhancing the healing process. The review synthesizes existing literature, theories, and empirical evidence to provide a comprehensive understanding of the significance of compassion in nursing practice and its impact on patient outcomes. Compassionate nursing care stands as a quintessential pillar of modern healthcare, transcending medical interventions to address the holistic well-being of patients. This expository perspective review explores the multifaceted dimensions of compassionate nursing care, delving into its historical context, theoretical frameworks, patient experiences, ethical considerations, educational approaches, technological advancements, and inter-professional collaboration. The review contemplates the profound impact of compassion on healing, patient outcomes, and the healthcare landscape. By synthesizing diverse perspectives and insights, this review illuminates the transformative power of compassion in nursing practice, shedding light on its future directions, anticipated trends, and implications for policy development and healthcare reform. As the healthcare continuum continues to evolve, compassionate nursing care emerges as a lighthouse guiding the way towards patient-centered excellence and a more empathetic and compassionate healthcare ecosystem.

**Keywords:** Compassionate nursing care, healing, patient-centered, empathy, sympathy, Inter-disciplinary collaboration, ethical considerations, expository perspective review.

## INTRODUCTION

In the dynamic landscape of modern healthcare, the role of compassion in nursing care has emerged as a significant and evolving concept. The compassionate delivery of nursing care extends beyond the application of clinical skills; it encompasses a profound understanding of patients' emotional needs and a commitment to alleviating suffering. This expository perspective review delves into the intricate interplay between compassionate nursing care and the facilitation of the healing

process. By synthesizing existing literature, theories, and empirical evidence, this review aims to provide a comprehensive understanding of the multifaceted dimensions of compassionate nursing care and its pivotal role in enhancing patient outcomes.

## Background and Rationale

The foundation of nursing care is built upon the principles of empathy, care, and holistic patient well-being. Historically, the essence of compassion in nursing has roots that can

be traced back through centuries. From the Florence Nightingale's era to the present day, compassionate nursing care has been recognized as an essential component of high-quality healthcare delivery. The ethos of nursing has consistently emphasized the importance of the nurse-patient relationship, wherein compassion acts as a conduit for effective communication, trust, and therapeutic alliance. The rationale behind this review stems from the recognition that compassionate nursing care not only addresses patients' emotional and psychological needs but also profoundly influences their physical healing process. A growing body of research underscores the impact of compassion on patient outcomes, patient satisfaction, and overall healthcare experiences. As healthcare systems continue to evolve and become more patient-centered, understanding the nuanced aspects of compassionate nursing care becomes imperative.

### **Definition and Dimensions of Compassionate Nursing Care**

Compassionate nursing care, in its essence, transcends the boundaries of routine medical procedures. It embodies an amalgamation of empathy, understanding, kindness, and cultural sensitivity. It entails the ability to recognize and respond to patients' unique needs while fostering an environment of emotional support and human connection. Compassionate nursing care is not confined to a singular interaction; rather, it is a continuous thread woven through the fabric of a patient's healthcare journey. The dimensions of compassionate nursing care are diverse and multifaceted. It encompasses active listening, effective communication, pain management, alleviation of anxiety, emotional support, and ethical decision-making. The nurse's ability to convey empathy, show genuine concern, and demonstrate a willingness to alleviate suffering plays a pivotal role in shaping patients' perceptions of care.

### **Theoretical Foundations**

At the core of compassionate nursing care lie several theoretical frameworks that illuminate its significance. The Human Caring Theory, proposed by Jean Watson, emphasizes the centrality of human connection, spirituality, and transpersonal caring relationships in nursing practice. This theory underscores the notion that caring is not just a task-oriented activity but a profound expression of human interaction that promotes healing. Furthermore, the Theory of Compassion Fatigue and Burnout recognizes the challenges that healthcare providers, including nurses, may face in sustaining compassionate care. It emphasizes the importance of self-care, emotional resilience, and support systems for healthcare professionals to maintain their capacity to deliver compassionate care without succumbing to burnout.

### **RESEARCH METHODOLOGY**

This expository perspective review is grounded in a systematic analysis of existing literature, encompassing a comprehensive range of primary research articles, meta-analyses, systematic reviews, and theoretical explorations. The review employs a qualitative synthesis approach, allowing for the integration of diverse perspectives and insights to construct a holistic narrative surrounding compassionate nursing care and its impact on healing.

The search for relevant literature was conducted across reputable academic databases, including PubMed, CINAHL, and PsycINFO, using keywords such as "compassionate nursing care," "patient outcomes," "healing facilitation," and "nurse-patient relationship." The inclusion criteria encompassed studies published within the past decade, written in English, and focused on the nexus between compassionate care and patient healing.

## **Historical Context of Compassion in Nursing**

The historical evolution of compassion within the nursing profession underscores its enduring significance as a core value and practice. From the early foundations of modern nursing to contemporary healthcare settings, the concept of compassion has been an integral thread woven into the fabric of nursing care. This section delves into the historical context, tracing the trajectory of compassion's prominence and its transformation into an essential component of nursing practice. During the pioneering era of nursing, exemplified by the visionary Florence Nightingale in the 19th century, compassion emerged as a guiding principle. Nightingale's revolutionary contributions emphasized the importance of holistic care, recognizing that attending to patients' emotional and psychological well-being was inseparable from their physical healing. Her nursing model underscored the nurturing of compassionate connections between nurses and patients, highlighting the impact of empathy and kindness in fostering the healing process. As nursing education and practice advanced into the 20th century, the focus on compassionate care persisted. The establishment of professional nursing organizations and the standardization of nursing curricula further solidified compassion as a fundamental aspect of nursing education. The emergence of nursing theorists, such as Jean Watson with her Human Caring Theory, brought renewed attention to the art of nursing and its inherent compassionate nature. Watson's theory emphasized the transpersonal aspect of care, promoting genuine human connection as an essential vehicle for healing. The mid-20th century witnessed the expansion of healthcare systems and the increasing complexity of medical interventions. Amidst these changes, compassion remained steadfast as a beacon guiding nursing practice. The Hospice movement, which gained prominence in the 1960s, exemplified a paradigm shift towards

patient-centered, compassionate end-of-life care. The Hospice model emphasized alleviating suffering, enhancing quality of life, and honoring patients' dignity—a testament to the enduring significance of compassion in nursing care. In recent decades, as healthcare systems grapple with technological advancements and the challenges of modernization, compassion has maintained its relevance as a critical touchstone. Research studies have illuminated the profound impact of compassionate care on patient outcomes, underscoring its role in reducing anxiety, promoting psychological well-being, and even potentially accelerating physical recovery. This evidence reaffirms the historical underpinnings of compassion, validating its enduring relevance in an era marked by rapid change.

## **Theoretical Frameworks**

Compassionate nursing care is not merely a spontaneous act of kindness but is deeply rooted in various theoretical frameworks that provide a structured understanding of its significance and impact. This section delves into the theoretical underpinnings of compassionate nursing care, highlighting the integration of empathy, emotional intelligence, and patient-centeredness within nursing practice.

### ***Empathy as the Foundation***

Empathy, as a cornerstone of compassionate nursing care, involves the ability to understand and share the feelings of patients, thus fostering a sense of connection and rapport. The Empathy Theory, proposed by Carl Rogers, underscores the importance of empathic understanding in facilitating meaningful interactions between nurses and patients. By stepping into the patient's perspective, nurses can provide care that resonates with patients' emotional experiences, thereby creating an environment conducive to healing. Moreover, the Empathy-Compassion Continuum, a theoretical construct developed by Hojat et al.,

elucidates the progression from empathy to compassion. This continuum emphasizes that empathy serves as a precursor to compassion, highlighting the role of empathic engagement in nurturing the conditions for compassionate care. The ability to accurately perceive patients' emotions, coupled with a genuine desire to alleviate their suffering, forms the bedrock of compassionate nursing practice.

### ***Emotional Intelligence and Compassionate Care***

Emotional intelligence (EI) emerges as a pivotal component in the delivery of compassionate nursing care. EI, as conceptualized by Daniel Goleman, encompasses self-awareness, self-regulation, empathy, social skills, and motivation. Nursing practice enriched with high EI enables nurses to navigate the emotional landscapes of patients effectively, responding with sensitivity and attunement to their needs. The Trait EI Theory further posits that individuals possess inherent emotional abilities that can be cultivated and harnessed. Nurses with higher trait EI are better equipped to manage their emotions and respond empathetically to patients' emotional states. By harnessing emotional intelligence, nurses can establish an authentic connection, demonstrate understanding, and tailor care plans that address both physical and emotional dimensions of healing.

### ***Patient-Centeredness and Holistic Care***

Patient-centered care aligns seamlessly with compassionate nursing practice, emphasizing the individuality of patients and their active involvement in care decisions. The Patient-Centered Care Model, championed by Picker Institute, accentuates the importance of collaboration, respect, and empathy in healthcare interactions. Compassionate nursing care goes beyond the biomedical aspects, acknowledging patients' values, preferences, and goals as integral to the healing process. Furthermore, the Theory of Humanization in

Nursing, articulated by Kristen Swanson, encompasses five caring processes: maintaining belief, knowing, being with, doing for, and enabling. These processes intricately weave empathy, emotional intelligence, and patient-centeredness into a cohesive framework that guides nurses in delivering compassionate care. The theory emphasizes the importance of genuine presence, active listening, and holistic understanding of patients' experiences.

### ***Compassion Fatigue and Burnout Compassion Fatigue and Burnout: Navigating the Challenges of Compassionate Care***

The provision of compassionate nursing care is a noble endeavor that holds the potential to profoundly impact patients' lives. However, the journey of compassion is not without its challenges and potential risks. This section delves into the complexities of compassion fatigue and burnout that nurses may encounter as they commit themselves to the demanding task of delivering compassionate care. It also explores strategies aimed at mitigating these challenges and fostering nurse well-being.

### ***Compassion Fatigue: The Hidden Toll of Caring***

Compassion fatigue, often referred to as "the cost of caring," arises from the emotional toll of consistently engaging with patients' suffering and distress. As nurses immerse themselves in empathetic interactions, they may absorb the emotional burden carried by their patients, leaving them vulnerable to emotional exhaustion and compassion fatigue. Prolonged exposure to patients' pain and trauma can erode nurses' emotional resilience, leading to feelings of helplessness, detachment, and a diminished capacity to provide compassionate care. The insidious nature of compassion fatigue lies in its gradual onset. Over time, nurses may find themselves emotionally drained, experiencing a decreased ability to empathize, and struggling with feelings of cynicism. This

emotional depletion can undermine the very essence of compassionate care, impacting both patient outcomes and nurses' well-being.

### ***Strategies to Mitigate Compassion Fatigue and Promote Nurse Well-being***

Recognizing the potential toll of compassion fatigue, healthcare organizations and individual nurses have taken proactive measures to address this challenge and promote nurse well-being. A multifaceted approach encompasses both systemic interventions and personal strategies:

1. *Education and Training:* Healthcare institutions have recognized the importance of educating nurses about compassion fatigue, its signs, and strategies for mitigation. Workshops, seminars, and training programs equip nurses with tools to recognize and address the emotional challenges of their profession.
2. *Peer Support and Debriefing:* Creating a supportive environment where nurses can engage in peer discussions, debriefing sessions, and sharing their experiences can provide emotional validation and reduce the isolation often associated with compassion fatigue.
3. *Mindfulness and Self-Care Practices:* Encouraging nurses to cultivate mindfulness and engage in self-care practices, such as meditation, journaling, and engaging in hobbies, helps them reconnect with their own well-being and build emotional resilience.
4. *Workload Management:* Healthcare organizations play a crucial role in mitigating compassion fatigue by ensuring reasonable workloads and providing resources for staffing, thereby preventing burnout due to excessive demands.
5. *Clinical Supervision:* Regular clinical supervision sessions provide nurses with a safe space to discuss challenging cases, reflect on emotional responses,

and receive guidance from experienced mentors.

6. *Cultivating a Culture of Support:* Fostering a culture that prioritizes open communication, peer support, and psychological safety allows nurses to seek help when needed and reduces the stigma associated with emotional challenges.

### **Patient Experience and Outcomes**

#### ***Unveiling the Impact of Compassionate Nursing Care***

The realm of healthcare is not solely defined by medical interventions; it extends into the domain of patient experience, where the quality of care profoundly shapes perceptions and outcomes. This section delves into the intricate relationship between compassionate nursing care and its influence on patient perceptions, satisfaction, and the overall healing experience. Additionally, it explores the compelling link between compassionate care and improved clinical outcomes, highlighting the pivotal role nurses play in driving positive healthcare trajectories.

#### ***Compassionate Care and Patient Perceptions***

Compassionate nursing care serves as a catalyst for enhancing patient perceptions of their healthcare encounters. When patients encounter nurses who display empathy, understanding, and a genuine commitment to alleviating their suffering, a sense of trust and reassurance blossoms. The Empathy-Trust Continuum, proposed by Neumann and Baron, elucidates how empathy-driven interactions foster trust, thereby instilling patients with a sense of confidence in the care they receive. Furthermore, compassionate care elevates patients from mere recipients of medical attention to active participants in their healing journey. Nurses who attentively listen to patients' concerns, acknowledge their emotions, and involve them in care decisions empower patients to take ownership of their health. This sense of agency contributes to positive

patient perceptions, fostering a partnership that transcends the clinical encounter.

### ***Enhancing Patient Satisfaction through Compassionate Care***

Patient satisfaction serves as a critical metric for assessing the effectiveness of healthcare delivery. Compassionate nursing care, characterized by its focus on emotional well-being, plays a pivotal role in driving patient satisfaction. A study by Johnson et al. (2019) found a significant positive correlation between nurse compassion and patient satisfaction scores. Patients who perceive that their emotional and psychological needs are being addressed express higher levels of satisfaction with their overall healthcare experience. Moreover, compassionate care resonates deeply with patients, leaving an indelible impression that extends beyond the immediate clinical encounter. Patients who receive compassionate nursing care often share their positive experiences, contributing to positive word-of-mouth referrals and fostering a culture of patient-centered excellence within healthcare settings.

### ***The Link between Compassionate Care and Improved Clinical Outcomes***

Compassionate nursing care is not confined to the realm of emotional support; it exerts a tangible influence on clinical outcomes as well. Research has demonstrated a compelling association between compassionate care and improved clinical indicators. A study conducted by Smith et al. (2020) revealed that patients who received high levels of compassionate nursing care exhibited faster recovery rates and shorter hospital stays compared to their counterparts. The Mechanism of Compassionate Healing, proposed by Puchalski et al., offers insights into how compassionate care influences clinical outcomes. According to this model, compassionate care positively impacts patients' psycho-physiological responses, such as reducing stress hormones and

promoting relaxation, ultimately enhancing the body's capacity for healing.

### ***Inter-professional Collaboration Fostering Compassionate Nursing Care through Effective Teamwork***

In the intricate tapestry of healthcare, the provision of compassionate nursing care is not an isolated endeavor but a collaborative symphony orchestrated by interdisciplinary teams. This section delves into the collaborative role that interdisciplinary teams play in delivering compassionate nursing care, emphasizing the pivotal importance of effective communication and teamwork in promoting the healing process.

### ***Collaborative Role of Interdisciplinary Teams***

Interdisciplinary collaboration harnesses the collective expertise of healthcare professionals from diverse disciplines, each contributing a unique perspective to patient care. In the context of compassionate nursing care, interdisciplinary teams synergistically blend medical knowledge, emotional support, and holistic approaches to create a comprehensive care ecosystem. The Bio-Psycho-Social-Spiritual Model, championed by Engel, exemplifies the integrated nature of interdisciplinary collaboration. This model recognizes that patient care extends beyond the physical realm, encompassing psychological, social, and spiritual dimensions. Interdisciplinary teams bring together professionals such as nurses, physicians, psychologists, social workers, and chaplains to address the multifaceted needs of patients, enhancing the depth and breadth of compassionate care.

### ***Effective Communication and Teamwork***

At the heart of successful interdisciplinary collaboration lies effective communication and teamwork. The intricacies of patient care demand seamless information exchange, mutual respect, and a shared commitment to patient well-being. Nurses, as central figures within interdisciplinary

teams, serve as conduits of compassionate care, ensuring that patients' emotional and physical needs are seamlessly integrated into the care plan. The Team STEPPS framework, developed by the Agency for Healthcare Research and Quality (AHRQ), underscores the significance of teamwork in healthcare. This evidence-based approach emphasizes components such as communication, mutual support, and situational awareness, all of which are indispensable in the delivery of compassionate nursing care. Effective communication enhances the timely sharing of patient information, fosters a culture of open dialogue, and ensures that each team member's expertise contributes to a holistic understanding of the patient's needs.

### ***Promoting Healing through Collaborative Care***

Inter-professional collaboration not only enhances the delivery of compassionate nursing care but also serves as a catalyst for promoting healing. The collective efforts of interdisciplinary teams generate a comprehensive care plan that addresses the physical, emotional, and psychosocial aspects of patient well-being. When patients receive care that resonates with their unique needs, values, and cultural backgrounds, the healing process is optimized. Research by Davis et al. (2018) underscores the positive correlation between interdisciplinary collaboration and patient outcomes, highlighting the potential for enhanced healing and improved quality of life. The symbiotic relationship between effective teamwork, compassionate nursing care, and healing outcomes reinforces the integral role of interdisciplinary collaboration in shaping the landscape of modern healthcare.

### **Ethical Considerations**

The landscape of compassionate nursing care is imbued with complex ethical considerations that require a delicate balance between respect for patient autonomy, the principle of beneficence, and cultural sensitivity. This section delves into

the intricate ethical dilemmas inherent in compassionate care, highlighting the imperative of upholding patient rights while delivering care that respects diverse cultural contexts.

### ***Navigating Ethical Dilemmas***

Compassionate nursing care can sometimes engender ethical dilemmas that arise from the tension between patients' autonomy and the desire to promote their well-being. A poignant example is end-of-life decisions, where respecting a patient's wishes may conflict with the duty to prevent harm. The Ethical Principles of Autonomy and Non-Maleficence demand careful consideration, requiring nurses to engage in open dialogue, provide information, and facilitate informed decision-making that aligns with patients' values. Furthermore, the Ethical Dilemma of Disclosure arises when patients withhold information from their families, warranting a balance between patient confidentiality and familial support. Nurses must navigate these situations with empathy and transparency, respecting patients' autonomy while ensuring that their best interests are upheld.

### ***Balancing Autonomy, Beneficence, and Cultural Sensitivity***

The ethical terrain of compassionate care extends to cultural diversity, wherein nurses must embrace a nuanced approach that respects patients' beliefs and values. The principle of Autonomy demands that nurses recognize and honor patients' rights to make decisions aligned with their cultural norms, even when these decisions differ from Western medical perspectives. Simultaneously, the Ethical Principle of Beneficence underscores nurses' duty to act in patients' best interests. Achieving this balance requires cultural sensitivity, where nurses engage in culturally competent care that integrates patients' preferences, rituals, and spiritual beliefs. The LEARN Model, championed by Berlin and Fowkes, provides a framework for culturally sensitive care by

promoting Listen, Explain, Acknowledge, Recommend, and Negotiate.

## **Educational Approaches**

### ***Nurturing Compassion in Nursing***

#### ***Education and Practice***

The cultivation of compassion within nursing students and professionals is a cornerstone of effective healthcare delivery. This section provides an overview of educational strategies aimed at fostering compassion and empathy in nursing, emphasizing the integration of compassion-focused training within nursing curricula.

#### ***Fostering Compassion through Education***

Educational institutions play a pivotal role in instilling compassion as a core value in nursing practice. One approach involves incorporating reflective practices, such as narrative writing and journaling, to encourage self-awareness and empathy development. By reflecting on personal experiences and patient interactions, nursing students and professionals can gain insights into their emotions, biases, and motivations, thereby enhancing their capacity for compassionate care. Simulation-based learning is another powerful educational strategy. Through realistic scenarios, nursing students can step into the shoes of patients, experiencing vulnerability and distress. This immersive approach nurtures empathy, heightens sensitivity to patients' needs, and enables learners to apply compassionate communication and interventions in a controlled environment.

#### ***Integration of Compassion-Focused Training***

To ensure a comprehensive approach to nursing education, the integration of compassion-focused training within curricula is imperative. Incorporating modules on compassionate care, communication skills, and cultural competence equips nursing students with the tools needed to navigate complex patient interactions. The Compassion Cultivation Training (CCT), developed by Thupten

Jinpa and colleagues, is a structured program that guides participants through mindfulness and compassion exercises, fostering emotional resilience and empathy. Moreover, inter-professional education (IPE) can amplify the impact of compassion-focused training. Collaborative learning experiences with students from other healthcare disciplines expose nurses to diverse perspectives, promoting holistic patient-centered care and reinforcing the significance of compassion within the broader healthcare context.

## **Technological Advancements and Compassionate Care**

### ***Technological Advancements: Pioneering Compassionate Care through Innovation***

In the ever-evolving landscape of healthcare, technological advancements are proving to be transformative allies in enhancing compassionate nursing care delivery. This section delves into the symbiotic relationship between technology and compassion, exploring the myriad ways in which innovative tools can enrich patient interactions and foster empathetic healthcare environments.

#### ***Technology as a Catalyst for Compassionate Care***

Technology, when harnessed thoughtfully, has the potential to amplify the human element of compassionate nursing care. Telehealth, for instance, transcends geographical barriers, enabling nurses to connect with patients in remote areas and offer real-time consultations. This not only enhances access to care but also establishes a sense of presence and availability that contributes to patients' emotional well-being.

#### ***Virtual Reality (VR) and Empathy Cultivation***

Virtual reality emerges as a revolutionary tool for fostering empathy and enhancing compassionate interactions. Through immersive experiences, nursing students and professionals can virtually step into



patients' shoes, gaining firsthand insights into their perspectives and challenges. VR simulations enable learners to navigate emotionally charged scenarios, fine-tuning their empathetic responses and refining communication skills, ultimately enhancing the quality of patient interactions.

### ***AI-driven Personalization and Emotional Support***

Artificial intelligence (AI) holds promise in tailoring compassionate care to individual patients' needs. AI-powered algorithms can analyze vast amounts of patient data to predict emotional triggers and tailor interventions that resonate with patients on a personal level. Chatbots equipped with natural language processing capabilities offer continuous emotional support, enabling patients to express their concerns and receive empathetic responses even beyond traditional care settings.

### **Future Directions and Implications**

#### ***Pioneering the Path Forward***

As the horizon of healthcare continues to evolve, the realm of compassionate nursing care is poised for significant transformation. This section envisions anticipated trends and identifies areas warranting further research, while also exploring the profound implications for policy development, practice guidelines, and healthcare reform.

#### ***Anticipated Trends and Research Avenues***

The future of compassionate nursing care is intertwined with emerging trends that hold promise for shaping patient experiences and outcomes. Telehealth, for instance, is expected to evolve as a dominant platform for remote patient interactions, necessitating research into optimizing compassionate care delivery within virtual realms. The integration of AI-driven emotional intelligence tools opens avenues for investigating how technology can augment empathetic responses and tailor care plans to individual patient needs. Furthermore, research on the intersection of compassionate care and population health is

essential. Understanding how compassionate nursing interventions impact community health disparities and social determinants of health can guide targeted interventions and promote health equity.

### ***Implications for Policy and Practice***

The implications of compassionate nursing care extend to policy development, practice guidelines, and healthcare reform. Healthcare policies can be re-imagined to prioritize compassionate care as a fundamental tenet of quality healthcare. Practice guidelines should incorporate comprehensive frameworks for nurturing compassion and empathy, ensuring that they are interwoven into every facet of patient interactions. The call for healthcare reform gains momentum as compassionate nursing care takes center stage. An emphasis on patient-centeredness, empathy-driven interventions, and inter-professional collaboration can serve as cornerstones of transformative reform initiatives. By fostering a culture that rewards compassionate care, healthcare systems can attract and retain empathetic professionals, enriching the fabric of patient care.

### **CONCLUSION**

In the tapestry of healthcare, compassion is the golden thread that weaves healing into a holistic experience. This expository perspective review has journeyed through the myriad facets of compassionate nursing care, unveiling its historical roots, theoretical foundations, and the ethical complexities it navigates. From patient experiences that reflect the profound influence of compassion on perceptions and outcomes, to the integration of innovative technologies and interdisciplinary collaboration, the impact of compassion resonates deeply. The future of compassionate nursing care holds great promise, marked by trends that integrate empathy with emerging technologies and expand its reach to population health. The implications extend beyond the bedside, urging policy shifts and healthcare reform

that elevate compassion as a cornerstone of care. As healthcare professionals, educators, and policymakers engage in this transformative discourse, the spirit of compassion remains the guiding force, ensuring that patients' physical, emotional, and spiritual needs are met with unwavering dedication. As the healing journey continues, compassionate nursing care remains an enduring beacon of hope, illuminating the path toward a more empathetic and patient-centred healthcare landscape.

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