Study Title: The SELF-CARE Study: Self-care in the palliative care workforce, and its relationship to self-compassion and compassion for others.

Brief description of the study:
Self-care is mandated in Palliative Care Australia's national quality standards. However, recent studies have raised concerns about the health of Australian nurses and doctors, suggesting a lack of self-care and subsequent negative impacts on patient care.

This research will explore the extent and ways in which self-care is practised by Australian palliative care nurses and doctors. It will also examine the relationship between self-care and the psychological constructs of self-compassion and compassion for others. To achieve this, the study will involve an anonymous survey and follow-up interviews. The findings will inform self-care education and practice to support patient care.

Study Methodology: (Please mark with an x which type of study methodology)

- Epidemiology
- Health Services / Health Economics / Quality Improvement
- Qualitative, Observational or Descriptive
- **Mixed Method**
- Systematic Review
- Intervention: RCT
- Intervention: Comparative or cohort study
- Intervention: Case series

Project details:

- Funding source (Optional): Australian Postgraduate Award (APA), The University of Sydney
- Has the study received ethics approval? **Yes**
- Project starting date: March, 2015
- Project completion date: March, 2017
- Multi site: **Yes**

**RESEARCHERS**

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- Investigator B (Supervisor) Assoc Professor Jennifer Fraser, PhD
- Investigator C (Supervisor) Assoc Professor Timothy Wand, PhD

**Associated publications / reports:**

- Topics (Admin only): Staff support and self care