CareSearch Project Research Studies Register: Registration Proforma	0140

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
X	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?	**X**	Yes		No		Not applicable
Project starting date: March, 2015						
Project completion date: March, 2017						
Multi site:		Yes		No	**X**	Not applicable

RESEARCHERS

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Associated publications / reports:

Topics (Admin only): Staff support and self care