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## COMPASSION FATIGUE AND COMPASSION SATISFACTION AMONG INFORMAL CAREGIVERS OF OLDER ADULTS, IN ARAB ISRAELI

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There is extensive professional literature on compassion fatigue among professional caregivers, yet very few studies of the phenomenon among informal family caregivers of an elderly relative. The aims were to examine the association between caregiving burden and compassion fatigue (burnout, secondary traumatization), and compassion satisfaction among informal caregivers; and to examine models of mediation (social support and coping style) and moderating effect (emotional empathy) in these associations. Cross-sectional study studied 300 informal caregivers of an elderly parent from the Arab community in Israel. Data gathering was accomplished through face-to-face interviews in Arabic using structured questionnaires. Linear regression analyses were applied to the hypotheses using bootstrapping models. The results showed about 20%-45% of the caregivers suffer from various symptoms of compassion fatigue. A positive correlation was found between caregiving burden and burnout and secondary traumatization. These associations were found to be partially mediated by disengagement coping and perceived social support. A negative correlation was found between the burden and compassion satisfaction of the care. This association was found to be partially mediated by disengagement coping. Findings showed that emotional empathy moderates the association between caregiving burden and burnout. The study suggests that compassion fatigue exists among informal caregivers in the Arab community in Israel. The current study shows that compassion fatigue may be reduced by lessening the burden of care, reinforcing social support, and reducing the use of disengagement coping. Decreased emotional empathy by the caregiver is likely to be protection against the harmful effects of caregiving burden on burnout.

### Biography

Rabia Khalaila worked for 10 years at Hadassah Hospital as a staff nurse, and he was promoted in the last 5 years to be a head nurse in the intensive care unit. In 2009 he moved to work in the Zefat Academic College. Rabia is the head of the Department of Nursing in Zefat College. His research interests include nursing, social gerontology and nursing education. He published 24 written works mostly in peer review journals and another four papers are in preparation or under review process.

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