



## Compassion Fatigue Screening Tool

This screening tool will help measure if you're suffering from caregiver burnout. Compassion fatigue is a form of burnout where caregivers continue to give themselves fully to the person they are caring for, finding it difficult to maintain a healthy balance of being able to separate themselves from the patient (empathy and objectivity).

	YES	NO
1. Personal concerns commonly intrude on my caregiving role.		
2. Family members, friends, other caregivers seem to lack understanding.		
3. I find even small changes enormously draining.		
4. I can't seem to recover quickly after association with daily trauma or a troubling event.		
5. Association with any type of traumatic or troubling event affects me very deeply.		
6. My patient's stress (the person I care for) affects me deeply.		
7. I have lost my sense of hopefulness.		
8. I feel vulnerable all the time.		
9. I feel overwhelmed by unfinished personal business.		

### Scoring

Answering "yes" to four or more questions may indicate that you're suffering from compassion fatigue.

**If you are concerned about your score for the Compassion Fatigue Screening Tool, call your Best Care EAP today to speak confidentially with a professional counselor at 402.354.8000 or 800.801.4182.**

Please note: This screening tool is only for adults. It is not a diagnostic instrument and is only to be used by you if you are 18 years or older. You are encouraged to share your results with your Best Care EAP counselor or with a physician or health care provider. Methodist Health System dba Best Care EAP, disclaims any liability, loss or risk incurred as a consequence, directly or indirectly, from the use and application of this screen.