

ANZBA 2015 Abstract 2

Quality **self-care** in burn care: The art and the science of building your own trauma resilience.

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The personal impacts of providing burn care has been well documented in the nursing literature and can arguably be generalized to other professionals working in this often stressful and personally confronting occupational setting. Providing care in this area can come at a personal cost in the forms of such phenomena as burn out, vicarious traumatization, secondary traumatic stress or compassion fatigue. This paper will outline the indicators of these phenomena and potential impacts for the individual, team and organization. It will provide a literature review of burn care staff impacts. It will also present evidence-based organizational and 'self-care' strategies to ameliorate workplace stress and build trauma resilience in the burn care team.