

Podcast Show Notes

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Moral Distress: How, Can, and Should We Respond to It?

Healthcare professionals may experience moral distress when decisions are made to manage an ethical dilemma that cannot be implemented, produce a feeling of being required to act, or are inconsistent with ethical practices (Jones-Bonofiglio, 2020). Researchers have recognized that healthcare professionals often do not feel prepared to manage ethical dilemmas that could lead to a patient's care needs not being met, which can lead to moral distress in the healthcare professional (Milliken, 2018). This podcast series aims to help healthcare professionals understand moral distress, the contributing factors of moral distress, and the importance of resilience in managing or preventing moral distress.

This CE course is relevant to Nursing.

Episode 1– Understanding Moral Distress

In this episode, we discuss the definitions and concepts around the term, moral distress.

Guest

Margaret Carno, PhD, MBA, MJ, PNP-AC/PC, ATSF, FAAN

- Dr. Carno is a Professor of Clinical Nursing and Pediatrics at the University of Rochester, School of Nursing.
- She currently directs the RN to BS completion program at the school, along with an NP practice in pediatric sleep medicine.
- She has a Master's in Business Administration along with a Master's in Jurisprudence in Health Law Studies
- Her nursing background is pediatric critical care with post master's certificates as a Pediatric Primary Care Nurse Practitioner and Pediatric Acute Care Nurse Practitioner.
- She has also taught graduate ethics and public policy and undergraduate ethics.

Host

Leana McGuire, BS, RN

- She has over 30 years experience in healthcare.
- She has teaching experience in leadership development and executive coaching.
- Her background is in content development, visual performance, speaking, and podcast hosting.

Reviewer

Candace Pierce, DNP, RN, CNE

- With 15 years in nursing, she has worked at the bedside, in management, and in nursing education.
- She has demonstrated expertise and scholarship in innovation and design thinking in healthcare and education. and collaborative efforts within and outside of healthcare.
- As the Lead Nurse Planner for Colibri Healthcare, she engages with nurse planners and subject matter experts to assist in developing high-quality, evidence-based continuing education for nurses and other healthcare professionals.

References

Bayanzay, K., Amoozgar, B., Kaushal, V., Holman, A., Som, V., & Sen, S. (2022). Impact of profession and wards on moral distress in a community hospital. *Nursing Ethics*. 29(2): 356-363.

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Spilg, E. et al (2022). *The new frontline: exploring links between moral distress, moral resilience and mental health in healthcare workers during the COVID-19 pandemic* BMC psychiatry.

Resources

American Association of Critical-Care Nurses: <https://www.aacn.org/clinical-resources/moral-distress>

National Association of Clinical Nurse Specialists: <https://nacns.org/managing-moral-distress/>

Managing Moral Distress in the Workplace: Creating a Resiliency Bundle:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7391064/>

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Episode 2– Responding to Moral Distress

In this episode, we focus on how resilience is a key component in responding to moral distress within ourselves. Dr. Carno also discusses examples of times she has had to deal with situations that can cause moral distress.

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