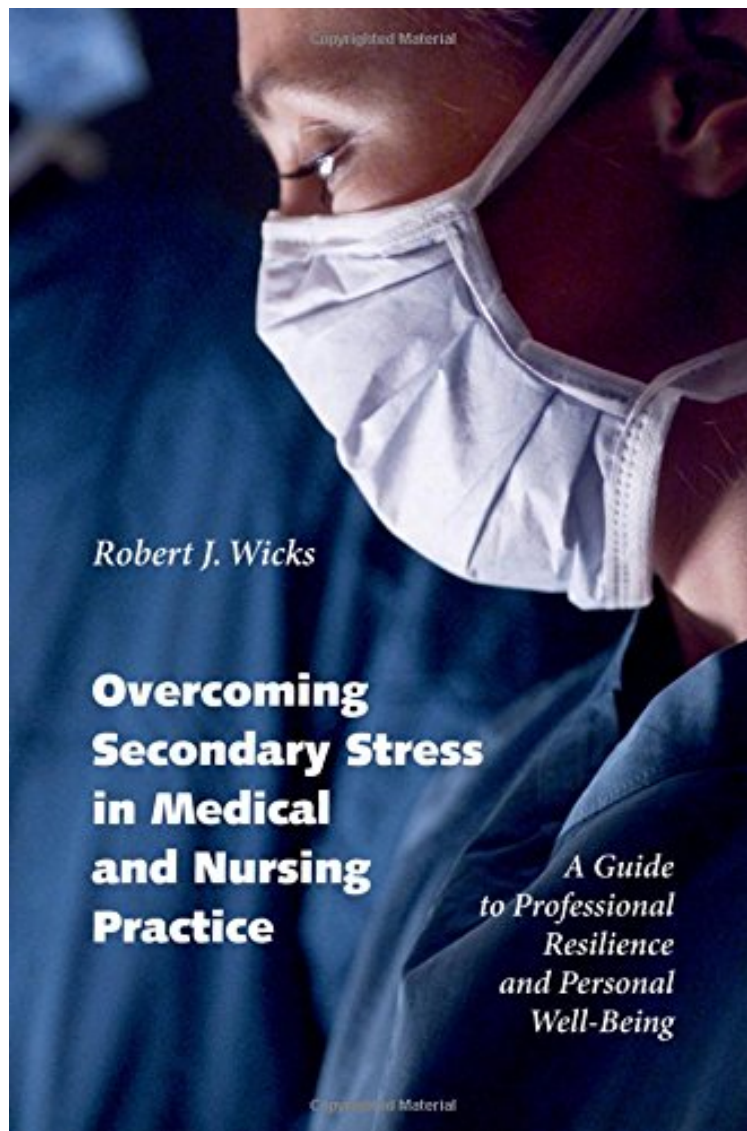


(Free) Overcoming Secondary Stress in Medical and Nursing Practice: A Guide to Professional Resilience and Personal Well-Being

# Overcoming Secondary Stress in Medical and Nursing Practice: A Guide to Professional Resilience and Personal Well-Being

*Robert J. Wicks*

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#742020 in Books 2005-08-25 Original language: English PDF # 1 5.80 x 1.00 x 8.301, .85 #File Name: 019517223X216 pages | File size: 73.Mb

**Robert J. Wicks : Overcoming Secondary Stress in Medical and Nursing Practice: A Guide to Professional Resilience and Personal Well-Being** before purchasing it in order to gage whether or not it would be worth my time, and all praised Overcoming Secondary Stress in Medical and Nursing Practice: A Guide to Professional Resilience and Personal Well-Being:

9 of 9 people found the following review helpful. Yes indeed it's a one-sitting book! By Joe Niemczura In my experience as a critical care nurse and also as a hospital manager and teacher of nursing, I have dealt with issues of secondary stress for many years and I have seen many victims of this problem. And so, I stay abreast of this issue. On Page 5 of the book, the author says: "it's a 'one-sitting book' designed to distill current clinical papers and research; provide proper guidelines to avoid and/or limit unnecessary distress; strengthen the inner life of physicians, nurses and allied health personnel; and offer recommendations for further reading on the topic. If nothing else, its goal is to raise awareness that secondary stress is a danger.." and I think this nifty little tome fills every one of these goals and more. In a survey book, Dr. Wicks has managed to distill the best suggestions, on a very practical level, into something that's readable and deceptively simple. I say deceptive, because he has a way of describing the profound thoughts of stress, death, burnout, and spirituality into an engaging style. It is readable and has many anecdotes to which a clinician will relate. He makes excellent use of summarized bullet points, and checklist style formats to present ideas. I found myself thinking of all the people who need this as a Christmas present. In short: highly recommended! 11 of 12 people found the following review helpful. Stress Relief Suggestions for Health Professionals By Fr. Jim - Hospital Chaplain Robert Wicks' suggestions regarding strategies for avoiding or relieving secondary stress are very useful for all medical professionals. As a hospital chaplain I can attest to the fact that such stress is ever present in hospitals. Having suggestions on how to avoid or alleviate it has proven valuable, especially in spiritual areas. 0 of 1 people found the following review helpful. Five Stars By coloradonice hard back

Physicians, nurses, and allied health professionals working in today's health care settings must be prepared to offer support in dangerous times despite staffing shortages, financial pressures, and complex legal requirements. *Overcoming Stress in Medical and Nursing Practice: A Guide to Professional Resilience and Personal Well-Being* is a concise guide for all medical professionals who face these demands. This book: Provides critical information about the dangers of compassion fatigue/burnout and vicarious post-traumatic stress disorder in health care settings Introduces a newly-developed "Medical-Nursing Professional Secondary Stress Self-Awareness Questionnaire" that can be profitably self-administered at each phase of one's career and reflected upon in private, with one's mentor, or in a small group setting Includes a unique section on strengthening one's inner life through the use of three core spiritual wisdom approaches drawn from a world religion perspective Provides a description of four types of "voices" one needs to have in one's circle of friends to ensure that balance, perspective, growth, and challenge are fostered in one's personal and professional life Describes how physicians, nurses, and allied health professionals can formulate a personally-designed self-care protocol for themselves Lastly, this book offers an extensive and up-to-date bibliography of recent research, clinical papers, and books on medical-nursing practice and secondary stress. *Overcoming Stress in Medical and Nursing Practice* is an indispensable resource for medical and nursing professionals, students, and the counselors and therapists who work with them.

"Like most of Wicks' works, this book is easily accessible, presented with real-life examples and interviews, and packed with practical self-help advice. For those who wish to pursue any particular themes touched on in this guide, there are plenty of links to follow." --Vision "...brief, to the point, and practical...a very valuable resource for any health professional working in today's healthcare arena." (5 Stars--Highest Rating)--Doody's About the Author Robert J. Wicks is a Professor at Loyola College in Maryland.