

Topic: Self-care for Navigators

Session Learning Objectives:

1. Define the terms: compassion fatigue (CF), burnout, vicarious trauma (VT) and moral distress.
2. Know the contributing factors to CF, burnout, VT and moral distress. Frame these issues as occupational hazards of Navigator roles and the result of inadequate systems.
3. Identify early warning signs and increasing self care when we recognize we're in the "yellow."
4. Describe preventative measures including managing boundaries, transition 'end-of-day' rituals, effective debriefing with colleagues and mindfulness practices.

Link to Online Training Modules:

- Module 1-Patient Navigator Roles and Responsibilities