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## Vicarious trauma: Beyond burnout and compassion fatigue

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Healthcare providers are socially recognized and required by society to care and their job involves personal investment to fulfill their role. There are significant effects associated with the providing patient care; including burnout and compassion fatigue which we are all very familiar with. However, there is another less familiar yet more profound effect called vicarious trauma. Vicarious trauma is an internal transformation caused by repeated exposure to experiences in dealing with pain, suffering, and death daily. The result may be lingering intrusive images, avoidance behaviors, isolating physically, anxiety, detachment, and feelings of isolation. It is important to examine the challenge of separating work from one's personal life. Organization's suffer with higher absenteeism, changes in co-workers' relationships, and possible outbreaks of aggressive behaviors among staff. Stress related to intense working environments and high patient acuity are some of the main reasons newer nurses leave the profession. Review of the literature, while showing the prevalence of burnout and compassion fatigue and vicarious trauma does not provide information on useful, effective interventions to prevent these complications of the healthcare work. Proactive coping is more future-oriented, with having in place general resources to overcome challenging experiences and allow the nurse to cope more effectively. The inservice will provide very specific strategies for health promotion behaviors and resiliency; how to put these very specific acquired insights into practice to decrease or minimize the effect of working with the sick, dying, and/or critically ill patients and families.

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## A study to assess the effectiveness of planned teaching programme on water birth among adolescent girls in a selected college at Mangalore

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The experience of pain during labor is a complex, individual and multifaceted response to sensory stimuli generated during childbirth. Despite the fact that labor is painful for most women, a powerful myth of painless childbirth still prevails. Many alternative methods of pain relief are available that are safe and inexpensive. One of them is water birth. Water birth is the process of giving birth in a tub of warm water. The theory behind water birth is that the baby has been in the amniotic sac for nine months and birthing into a similar environment is gentler for the baby and less stressful for the mother. Adolescence is the time to prepare for understanding great responsibilities, a time for exploration and widening horizons, and a time to ensure healthy all round development. Puberty is also a time of behavioral changes when the reproductive capacities get established. Midwives are 'with woman', providing the family with supportive and helpful relationships as they share the deep and profound experiences of childbirth. To become skilled helpers nursing students need to develop reflective skills and valid midwifery knowledge grounded in their personal experiences and practice. The aim of the study was to assess the effectiveness of planned teaching programme on water birth among adolescent girls in a selected college at Mangalore. An evaluative approach with quasi experimental, pre-test and post-test design without control group was used for the study. The data was collected from 60 adolescent girls using simple random sampling technique. The study was conducted in selected college at Mangalore. There was significant difference between pre-test and post-test knowledge score ( $t = 44.23$ ,  $p < 0.05$ ). There was no association between the pre-test knowledge score and selected variables. All the subjects in the study group gained knowledge on water birth indicating that planned teaching programme was an effective method for increasing knowledge.

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