



Oncology Nursing Society

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The Oncology Nursing Society Statement on Commitment to the National Academy of Medicine Action Collaborative on Clinician Well-Being and Resilience

The Oncology Nursing Society (ONS) has been committed to the well-being of its members and staff throughout its history and is pleased to add our voice to the other organizations committed to the goals of the National Academy of Medicine Action Collaborative.

The interpersonal relationship between oncology nurse and patient and families brings both reward and stress. From the earliest years, ONS has given support and attention to how oncology nurses can regain resilience whether diminished due to burnout or compassion fatigue, two distinct conditions. The ONS Leadership Competencies includes a domain, *personal mastery*, which encompasses care of self. ONS provides wellness and resilience content to ONS members through our monthly newsletter, professional journals, publications and session presentations at our national conference. Included in the national meeting are extracurricular activities, such as run/walk challenges or yoga. ONS members have disseminated research findings on nurse caregiver burden and innovative programs for restoring resilience. Content has specifically focused on strategies to reduce compassion fatigue, reduce nursing staff turnover, and increasing staff satisfaction. Popular ONS publications for nurse self-care include *Nurturance for Nurses: Reflections for Compassionate Healers* and *Self-Healing Through Reflections: A Workbook for Nurses*.

Since 2008, ONS has been recognized with the CEO Cancer Gold Standard™ Accreditation from the CEO Roundtable on Cancer. ONS is one of just over 200 employers recognized for workplace wellness and education programs for employees to prevent cancer. Always highly rated on staff surveys is the opportunity to participate in exercise and yoga programs at the ONS office gym. A staff managed Wellness Committee oversees several activities throughout the year and distributes helpful information on health and wellness. Nurses on staff provide blood pressure checks monthly. As a collaborating organization for the Healthy Nurse, Healthy Nation™ Grand Challenge, ONS delivered monthly education to the membership and promoted the Get Up, Get Moving program as a resource for both patients and the community at large.

About ONS

The Oncology Nursing Society is a professional association of more than 39,000 members who are clinicians, educators, scientists, and administrators throughout all cancer care settings.