



The *EthicsLab Essentials* provides a core curriculum designed to enrich ethics committee members through a podcast and website format. A podcast format was chosen due to its easy accessibility and learning schedule flexibility for the listener.

### **Episode: Moral Distress and Moral Resiliency**

#### **Description:**

Have you ever experienced an event, a situation or a decision where you felt that your professional integrity had been compromised? It may have occurred because of something you did, something someone else did or simply a number of events that lined up in a way that made you feel that you were between a rock and hard place. In that moment you probably experienced moral distress. In this episode, we look at moral distress in the health care environment. What are the clinical situations that cause moral distress to arise, what can be done to respond, can it be cured or is it a part of our moral life?

#### **Process:**

Have your ethics team members listen to this podcast prior to your regular ethics committee meeting. Then, at your meeting facilitate a discussion and application of the episode around the following questions.

#### **Facilitation Questions:**

1. What insight from the episode was most valuable to you?
2. What strategies could the ethics committee develop to proactively address moral distress and moral resiliency within your ethics consultation protocol or policies? How might these strategies align with similar operational goals?
3. What tools or resources could an ethics committee provide to clinicians to respond to the challenge of moral distress and moral resiliency? Could an approach or format such as Schwartz Rounds be utilized?