

# La compassione dell'operatore di cure palliative: uno studio qualitativo in ottica adleriana

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Summary – THE COMPASSION OF THE PALLIATIVE CARE WORKER: A QUALITATIVE STUDY

IN AN ADLERIAN PERSPECTIVE. Compassion is fundamental in clinical care. The concept of compassion is strictly related to the Adlerian social feeling. Healthcare workers (HCPs) are the main givers of compassionate care. The purpose of this study was to investigate the perspectives of Italian palliative care health workers on compassion using focus groups using the Adlerian perspective. A sample of 52 palliative care workers took part in the study. Five focus groups were held. All recorded discussions were transcribed, and a content analysis was performed. Most of the sample considers compassion as “being with someone”, a dimension related to the relationship with the patient. Compassion is influenced by several factors related to patients, caregivers, the work environment and healthcare professionals themselves. Although it is often conceived as an innate quality, participants said it could be taught by group training and discussion. So, compassion is conceived as a central element of the care relationships based on the social feeling and the HCPs’ ability of alliance with patients’ life deficit. It is perceived as an essential element of palliative care that needs to be cultivated and improved through training and

group discussions.