

Building Resilience: One Step at a Time

Understanding Moral Injury

Most moral injury research has been done with the military, but more recently, moral injury among healthcare workers has been brought to the forefront because of the difficult decisions they must make regarding resource allocation.

What is Moral Injury?

Distressing psychological, behavioral and/or spiritual aftermath of doing something that goes against your own beliefs or witnessing something you identify as wrong but not stepping in. Or when it is the right decision but due to limited critical resources.

Moral Injury and Healthcare Professionals

- Moral injury can occur when making difficult decisions related to resource allocation, treatment plans, and life and death
- This can also be experienced when specific policies are made that go against an individual's morals, but they do not have the ability to change them

Screening for Moral Injury: 10 item Moral Injury Symptom Scale- Healthcare Professional

- A reliable and valid screening scale currently being used to assess moral injury symptoms on healthcare professional members includes 10 items
- Are you or is someone you know experiencing some or all of these symptoms?
 - Betrayal, guilt, shame, moral concerns, religious struggle, loss of religious/spiritual faith, loss of meaning/purpose, difficulty forgiving, loss of trust, or self-condemnation

How to Help Someone Experiencing Moral Injury

- Hold space for people to talk about feelings and experiences
 - Connecting with people who have experienced similar things will make people feel less alone
- If you are unable to help, refer them to a professional
- If you make a mistake, talk to someone about it
 - Patient and healthcare professional wellbeing will both be better served if people are honest about mistakes

Additional resources

- [Schwartz Center PDF about moral injury and COVID-19](#)
- [Moral Injury Symptom Scale- Healthcare Professionals study findings](#)