



Moral Distress, developing resilience in the face of unavoidable ethical challenges.

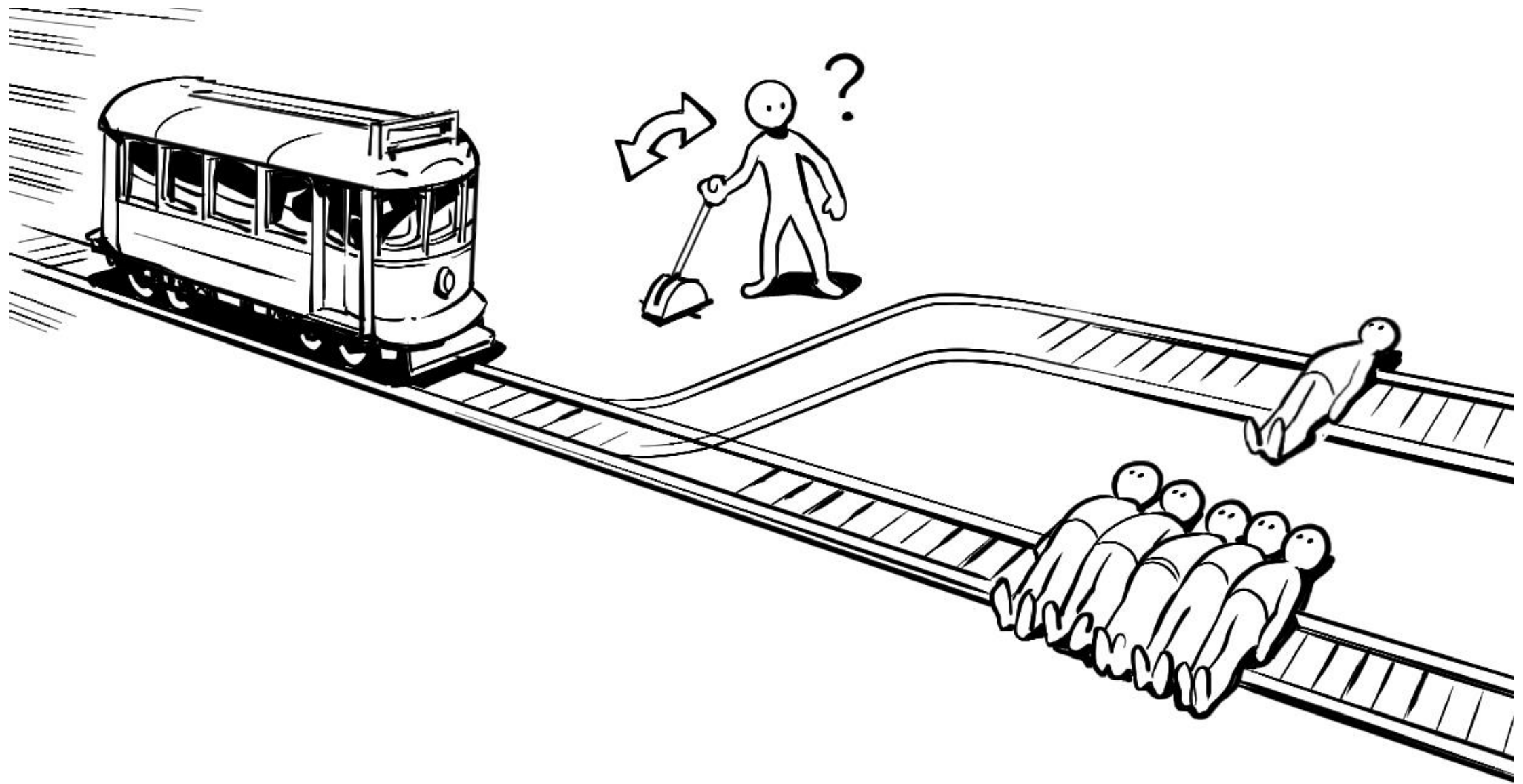
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“The very essence of practice in residential child care is being “in relationship” with those we care for, embodying care as a fundamentally moral activity. Child care cannot be rationalised down to a set of rules and actions to be counted and categorised “(Garfat & Fulcher, 2012)





Moral Distress

“The condition of knowing the morally right thing to do but institutional, procedural or social constraints make doing the right thing nearly impossible; it threatens core values and moral integrity”

Jameton (1984)



Commonality of Causal Factors

1. Inappropriate use of resources and continuing aggressive care when no one will make the decision to “pull the plug”.
2. Inconsistent care planning in the medical field is also cited as a common causal factor of moral distress.
3. Communication issues were also viewed as a causal factor in medical settings
4. A lack of resources, inappropriate use of resources and financial constraints or pressure to reduce costs compromising the care options available to patients in medical settings.
5. working with staff who are not as competent as the care requires.



Consequences of Moral Distress

“The language in which feelings of moral distress are captured is striking. Narratives of those who have experienced moral distress speak of; deep sadness, anger, guilt, resignation, and “despair, feelings of hypocrisy, suffering from nightmares, headaches, fear, anxiety, depression, difficulty concentrating, and problems of self–esteem”

(Carse 2013).



Moral Distress Activity Using MDS Revised



System Justification

“the dominant discourse of professionalism claims a false neutrality, objectivity and emotional distance, we are too easily cajoled into a palatable consumption of outrageous injustice”.

McAuliffe, Williams and Briskman (2016)



Coping With & Challenging Moral Distress

- A catalyst for positive change.
- Psychological detachment (Adiaphorization).
- Making ethical practice explicit.
- Developing moral agency.
- Improving the moral climate of the setting.
- Rocking the boat (moral outrage).



“Few men are willing to brave the disapproval of their fellows, the censure of their colleagues, the wrath of their society. **Moral courage** is a rarer commodity than bravery in battle, or great intelligence. Yet, it’s the one essential, vital quality for those who seek to change a world which yields most painfully to change”

Robert Kennedy

