

# Moral Distress in Nursing and Support Resources

The Georgia Board of Nursing acknowledges that moral distress and burnout among nurses can negatively impact patient care. It is essential for any nurse experiencing these challenges to seek support. The following information is provided as a resource for you or your colleagues to help navigate and manage moral distress and burnout effectively.

**Understanding Moral Distress** Moral distress occurs in situations where institutional or other constraints prevent nurses from acting in accordance with their moral judgment. Common scenarios include end-of-life care, inadequate staffing, and policies that conflict with patient needs.

**MORAL DISTRESS IN NURSING**

**WHAT IS MORAL DISTRESS?**  
A state of psychological and emotional distress that occurs when nurses feel unable to act according to their ethical beliefs

**CAUSES**

- Inadequate staffing
- Patient suffering
- Institutional constraints

**SYMPTOMS**

Anxiety    Frustration    Anger    Sleep disturbances

**STRATEGIES FOR MANAGEMENT**

- Seek support
- Consult an ethics committee
- Build moral resilience
- Self-care

## **RESOURCES**

Let's Talk Moral Distress

<https://www.albertahealthservices.ca/assets/about/msd/ahs-msd-ahs-moral-distress-resource-guide.pdf>

AACN Website

[Moral Distress - AACN](#)

AACN Continuing Education: How to Work Through Ethical Challenges and Moral Distress in Critical Care

[How to Work Through Ethical Challenges and Moral Distress in Critical Care - AACN](#)

AACN Support Podcast Series

[Episode 3 - Moral Distress in a Crisis: What, Why and How to Cope](#)

Podchaser Podcasts

[Episode 6 – Moral Distress – What does it mean, what are its practical effects in nursing, and what actions can be taken to mitigate its effects? by Conversations In Bioethics | Podchaser](#)

NIH: What is 'moral distress' in nursing? A feminist empirical bioethics study

[What is 'moral distress' in nursing? A feminist empirical bioethics study - PMC](#)

Moral Distress by Pamela Grace

[Bing Videos](#)

The Nerdy Nurse Website: Support For Nurses' Mental Health: Must-Have Resources

[Support For Nurses' Mental Health: Must-Have Resources](#)

NIH: I'm So Stressed Out! Fact Sheet

[I'm So Stressed Out! Fact Sheet - National Institute of Mental Health \(NIMH\)](#)