

Empathy Distress Among Researchers and Healthcare Students in Intensive Care Units

Ms. Neelam¹, Dr. Vatsalya Sharma², Mr. Gaurav Negi³

PG Student, Department of Medical Surging Nursing, Pal College of Nursing and Medical Sciences, Haldwani, India¹

Assistant Professor, Department of Management, MIET Kumaon, Haldwani, India²

Nursing Tutor, College of Nursing (Child Health), MIET Kumaon, Haldwani, India³

Abstract: *Empathy distress is a significant emotional challenge faced by researchers and healthcare students working in high-stress environments such as Intensive Care Units (ICUs). This study explores the emotional burden experienced by individuals in these settings, focusing on ethical dilemmas, emotional exhaustion, and coping mechanisms required to maintain professional balance. The findings suggest that implementing structured training, emotional resilience strategies, and support systems can help mitigate the negative impacts of empathy distress, leading to better psychological well-being and professional efficiency.*

Keywords: Empathy distress, ICU, emotional resilience, healthcare students, coping strategies, professional detachment

