

NURSES' COMPASSION DYNAMICS

Compassion Dynamics in Hostage Recovery: Longitudinal Psychological Impact on Nursing Personnel

Dr. Daniel Elbo Arama, PhD^{1,2,3}; Prof. Declan McGuone, MB, BCh³; Dorit Nitzan, MD²; Dean David Lichter, MD¹; Matan Daniel, MD¹; Uzi Bechor, MA¹; Avi Shina, MD¹; Efrat Zafranie-Rokach, MEM¹; Chen Arbel, MD¹; Rom Neshet¹; Itai Even-Tov¹; Lotem Zamir¹; Yael Ben-Yehuda¹; Zivan Aviad Beer, MD¹

1. Department of Military Medicine and "Tzameret", Faculty of Medicine, The Hebrew University of Jerusalem and Israel Defense Forces Medical Corps, Jerusalem, Israel
2. School of Public Health, Faculty of Health Sciences, Ben-Gurion University of the Negev, Beer Sheva, Israel 3. School of Medicine, Yale University, New Haven, CT, USA

TAKE-HOME MESSAGE

Repeated hostage recovery operations foster psychological adaptability, reducing stress in subsequent missions despite initial anxiety. While not proving direct causality, the awareness of complete hostage return likely mitigated the medical personnel's psychological toll. Structured support remains essential for healthcare provider well-being during intense humanitarian crises.



FROM COMPASSION DATA TO RESILIENT CARE

Operational learning cycle for nursing personnel after hostage recovery missions

Mixed-methods longitudinal workflow: surveys, interviews, dashboards, command review, adaptation

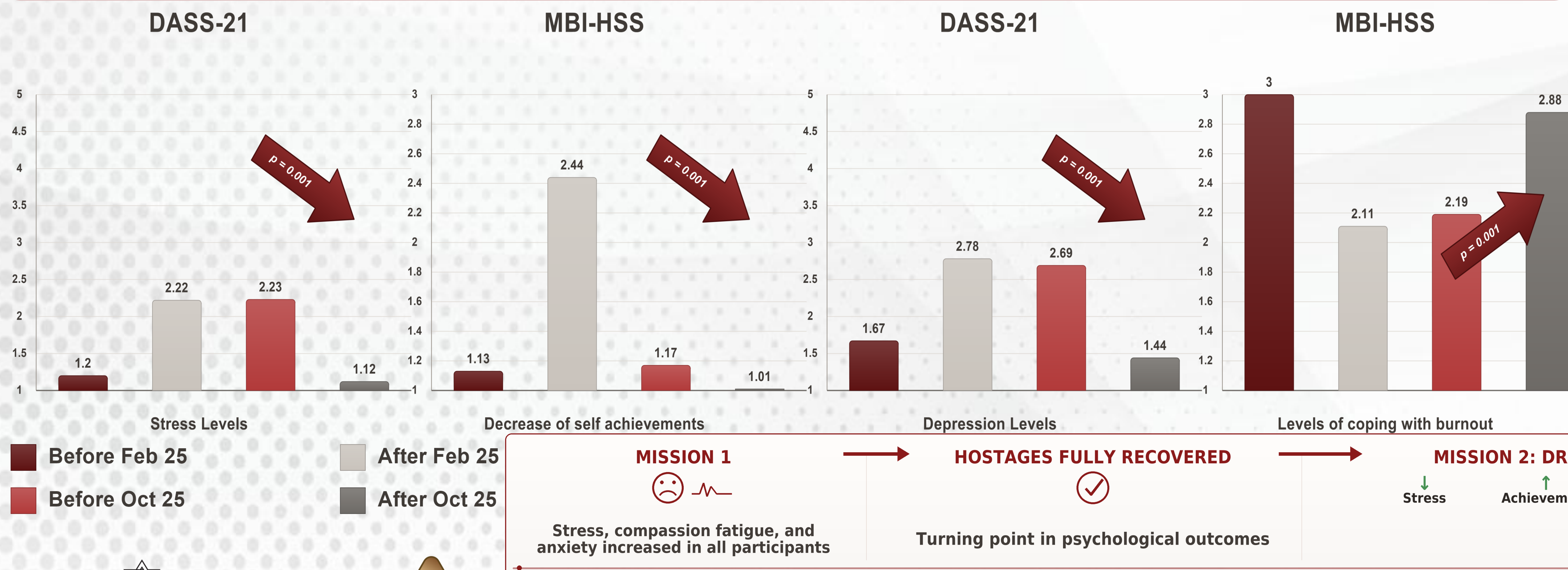


Same Nurse Cohort Across Two Operations

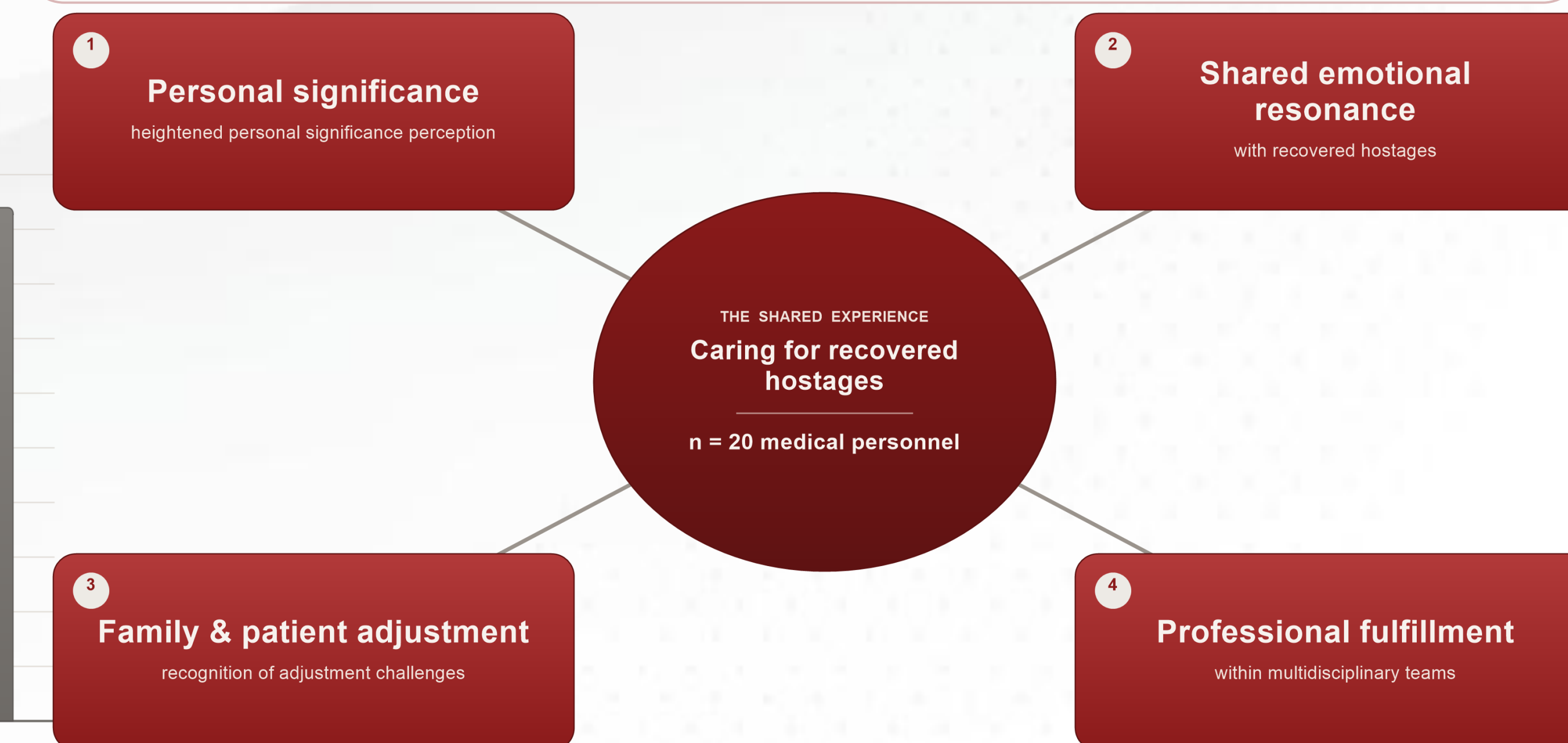
Both hostage return operations: February and October 2025



Quantitative Results



Qualitative Results



WHY IS THIS IMPORTANT?

MEDICAL STAFF WELLBEING MUST BE PRIORITISED

This study examined the implications of providing medical care to hostages across two separate rounds of negotiated releases between Israel and Hamas. These missions carried significant psychological implications for the personnel involved, underscoring the importance of addressing this issue and ensuring staff receive appropriate support.

SCIENTIFIC CAUTION

This study drew on well-established scientific measures to assess the mental state of nurses, alongside 20 in-depth qualitative interviews. However, causality cannot be established, and the findings were not compared against external factors.

From Findings to the Field: What Actually Changed



Abstract disclaimer: The authors declare that they have no conflicts of interest or disclosures relevant to the content of this abstract. All research procedures were conducted in accordance with established ethical guidelines and with the approval of the appropriate institutional review board. The findings presented are based on the data available at the time of submission and may be subject to further analysis or refinement.

DrDaniel@idf.il
Elbodaniel@gmail.com

www.linkedin.com/in/Daniel-elbo-arama

ORCID <https://orcid.org/0000-0002-2815-6125>

Dr. Daniel Elbo Arama



At the moment of truth,
IDF MEDICAL CORPS.