



THE WORK STRESS, A PHENOMENON EXPERIENCED BY ALMOST ALL OF THE DOCTORS AND NURSES OF THE HEALTH STRUCTURES OF THE CITY OF LUBUMBASHI (DRC)

Nursing

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ABSTRACT

The objective of this study is to show that almost all of the doctors and nurses of the institutions of health of the City of Lubumbashi (in DRC) experiment the professional stress. This study adheres to the proportional laminated sample led on 562 subjects (N=562), among which 432 nurses and 130 doctors. The data were collected by a questionnaire, then encoded in Microsoft Excel and analyzed via Epi Info software version 7.2 of 2016 and SPSS 19.0 of 2012. Our hypothesis was tested on base (basis) of the test of chi-square. Considering the Odds ratio and the confidence interval (CI) of 95 % in the interpretation, the results indicate that 95.6% of caregivers investigated live this phenomenon and this real-life experience is almost on a daily basis. In conclusion, the health structures work with a large number of stressed doctors and nurses who have the patients' lives in their hands, which raises the questioning of the quality of care given to the patients (by stressed caregivers).

KEYWORDS

Work stress, doctors, nurses, health structures.

I. INTRODUCTION

Within the framework of the medical profession, the doctors and nurses are actors who, in hospital settings, interact between them and with a variety of actors. The doctors are responsible for prescribing care and play a central role in guiding and monitoring the patient. The nurses take care of its administration to patient in all "responsibility" with regard to their knowledge in front of prescribed prescriptions. In the execution of their diverse tasks, doctors and nurses are confronted with the real-life experience of the work stress.

In Africa, the epidemiological data of the job stress diverge according to countries. In Ethiopia (at the Bahir Dar Reference hospital), 68.2 % of caregivers live the stress according to Minyichil [1]. Considered special cases, nurses put under stress, according to Dorcoo Kwame [2], are 99 % in Ghana, 65 % in Morocco (in the provincial Hospital center of Beni Mellal, according to Belarif [3]), 93,4 % at the Hospital center of Ndola, in Zambia, according to Mwinga and Mugala [4], ... And 51 % of doctors live, as an example, the stress to the public Hospital of Ngaka Modiri Molema, in South Africa, according to Govender and al. [5].

The central question of this search formulates in these terms: in what proportions, the male nurses and do the doctors of the health structures of the City of Lubumbashi live the stress in their practices of care? With regard to this questioning, this study postulates this hypothesis: the professional stress would be lived by all the doctors and the nurses of the City of Lubumbashi of the Democratic Republic of the Congo.

This study bases itself on the interest in showing that the medical profession being more stressful, the doctors and the nurses of the City of Lubumbashi experiment almost in the everyday life this "scourge of the age". Accordingly, the medical care and the nursing are prescribed or administered, in this social universe, by stressed caregivers.

II. METHODOLOGY

- Study area

The ground of this survey is constituted by the health institutions of the City of Lubumbashi, situated in the Province of the Haut-Katanga, in Democratic Republic of the Congo.

- Population and sample size

The population of this study is established by the doctors and the nurses of the City of Lubumbashi. With regard to the population of doctors estimated at 934, this research retained 130, is 13.9 %. The population of the nurses is 2382 subjects. And this research held 432 nurses, is 18.1 %. And for the whole sample, our research questioned

562 subjects (N=562) about 3316 members of the population of departure, is 16.9 %. The valuable differences in this diversification of the sample are based on the size of each of stratum.

- Methods

To collect the data, a questionnaire was directly administered to the nurses (N=432) and to the doctors (N=130). These data were encoded in Microsoft Excel and analyzed via Epi Info software version 7.2 of 2016 and SPSS 19.0 of 2012. And, the Odds ratio allowed the interpretation of results by considering the confidence interval (CI) of 95 %.

III. RESULTS

Table 1: Real-life experience of the stress by almost all of the analyzed professional categories

Variables of study	Lived on the stress by the caregivers						
	Yes	No	X ²	OR (CI 95 %)	OR	p	D
Nurse	412(73.31)	20(3.56)	0.	[0.3031],	0.82	0.46	NS
Doctor	125(22.24)	5(0.89)	0188	[2.2404]			

As regards the real-life experience of the stress, this board indicates that the nurses are more put under stress with 412 subjects, either 73.31 %, and the doctors with 125 subjects, or 22.24 %; with OR 0.82 (CI 95 %) include in the lower and superior borders of [0.3031], [2.2404]; with p 0.46 ; the test not being significant.

Table 2: Moment of the last real-life stress

Variables of study	Lived on the stress by the caregivers						
	Nurse	Doctor	X ²	OR(CI95%)	OR	p	D
Time of the last real-life stress							
≤ Month	258(48.04)	93(17.32)	5.87	[0.3681],	0.	0.	S
> Month	154(28.68)	32(5.96)	69	[0.9027]	57	00	

With regard to the moment of the last real-life situation of stress, we observe what follows: most of caregivers develop the stress ≤ Month with 258 nurses, either 48.04 %, and 93 doctors, or 17.32 %. On the other hand, those who knew the stress > Month make 154 nurses, either 28.68 %, and 32 doctors, that is 5.96 %; with OR 0.57 (CI 95 %) understand in the lower and superior borders of [0.3681], [0.9027]; value of p is 0.00; the test being statistically significant.

IV. DISCUSSION

• Almost all of caregivers experiment the work stress

Our results indicate that 95.6 % of investigated caregivers live

occupational stress. It is almost a question of almost all of nursing. If we take independently the category of the doctors, these live the stress in 96.2 %. Compared with the study of Govender & al. [5] led in a hospital of South Africa, the results indicate that 78 % of the doctors live the stress. There is good reason to observe that the trend is superior in terms of stress lived by the doctors of South Africa and those investigated to Lubumbashi, in DRC. In these two contexts, the differences of put under stress populations are dependent in the differences of the environment of the work on nursing, thus in their working conditions. South African hospitals and clinics have vastly improved and humanized the working conditions of caregivers that those of Lubumbashi (in DRC) where they are still precarious.

With the 95.6 % result of caregivers put under stress in the institutions of health of the City of Lubumbashi, there is good reason to confirm that the profession of doctor and that of nurse are more stressful in the context of DRC. This report bound to the excess of stressed caregivers indicates that the hospital environments surveyed work with nursing put under stress. Consequently, they become structures where the quality of care is still not well guaranteed and where the door opens to the numerous risks and professional accidents.

• **The work stress lived by the doctors and nurses is a reality of current events**

This real-life experience of stress does not go back to the age-old times but it is connected, if not in the present, then in the closer past. The last real-life stressful situations go back up, for the most part of nursing, in \leq Month with 351 subjects in all, or 65.36 %, against those who lived him $>$ Month with 186 subjects, that is 34.64 % (with OR 0.57 (CI 95 %); value of p is 0.00). By noting this significance of the test, we shall hold that the stress lived by investigated caregivers is of a phenomenon of current events. The stress is permanent or quasi-permanent employee in the everyday life of nursing investigated and establishes, to do it, a lifestyle in the medical profession. He joins, according to Boissières [6], in "the daily prize of a majority of nursing in their professional exercise".

V. CONCLUSION

In the term of this study, we notice that almost all of investigated doctors and nurses (95.6 %) experiment the work stress. With the 95.6 % result of caregivers put under stress, there is good reason to qualify our hypothesis of departure and to confirm that the profession of doctor and that of nurse are more stressful in the context of DRC. This excess of caregivers put under stress indicates, moreover, that the hospital environments surveyed work, almost on a daily basis, with nursing put under stress. Consequently, the health structures surveyed still do not guarantee quality patient care.

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