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"A DESCRIPTIVE STUDY TO ASSESS THE PROFESSIONAL QUALITY OF LIFE AMONG NICU NURSES IN SELECTED HOSPITAL OF THE CITY IN VIEW TO PREPARE SELF- INSTRUCTIONAL MODULES"

Nursing

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ABSTRACT

Nurses are professional health workers who play an important role in meeting the basic needs of patients. Professional nurses are required to be caring for patients, when the patient admitted in the ward. Important role of nurse provides proper care to the patient and available for the patient when they needed. For example, listening to patients about their pain, fear or suffering that is being experienced by patients and their relatives. A descriptive. A purposive sampling technique was used to select 140 subjects for study who work in NICU of the city. Considering the objectives and hypothesis of the study conceptual framework was prepared based on Imogene king goal attainment theory. Data were collected through one tool that includes; Section A- socio-demographic variables i.e. age in year, gender, qualification, year of Working experience, nature of employment, marital status, no of children, family Income, type of family, using any alternative therapy to reduce stress. Section –B- Modified professional quality of life scale. The data collection was analysed using descriptive and inferential statistics. 140 subjects for study who work in NICU of the city, majority of the samples 132(94.28%) were having high level of compassion satisfaction under professional quality of life scale, whereas 8(5.71%) samples having average compassion satisfaction and none of the samples belongs under the category of low compassion satisfaction majority of the samples 132(94.28%) were having average level of burnout under professional quality of life scale, whereas 6(4.28%) samples having low level of burnout and 2(1.42%) samples were having high level of burnout in professional quality of life scale. majority of the samples 104(74.28%) were having average level of secondary traumatic stress under professional quality of life scale, whereas 22(15.71%) samples having high level of secondary traumatic stress and 14(10%) samples were having low level of secondary traumatic stress in professional quality of life scale.

KEYWORDS

Nesting, swaddling, structured teaching programme, effectiveness.

INTRODUCTION: -

Nurses are professional health workers who play an important role in meeting the basic needs of patients. Professional nurses are required to be caring for patients, when the patient admitted in the ward. Important role of nurse provides proper care to the patient and available for the patient when they needed. For example, listening to patients about their pain, fear or suffering that is being experienced by patients and their relatives

Objectives: -

- To assess the level of Professional Quality of Life among nurses
- To find out the association between Professional Quality of Life with selected demographic variables.

MATERIALS AND METHOD:

The design adapted for the study was descriptive study. Study sample comprised of 140 **NICU NURSES** who were selected through a A purposive sampling technique technique from the selected hospital in the city. **MODIFIED PROFESIONAL QUALITY LIFE SCALE** was used to assess The data collection tool was constructed by the investigator in the light of literature reviewed and her experience in the clinical field to ensure the adequacy, relevancy and question organization, validity of content and measurable too. Data collection tool is the procedure or instrument used by researcher to observe and measured the key variable in the research problem.

Total score is 42 Compassion satisfaction fatigue (Less than 22 low level score, 23- 41 average score, more than 42 high score**)** Burnout (Less than 22 low level score, 23- 41 average score, More than 42 high score) Secondary traumatic stress (Less than 22 low level score, 23- 41 average score, More than 42 high score)

Data Analysis

Section I: Demographic variables of NICU nurses regarding professional quality of life

Table No. 1 Distribution of NICU nurses according to their socio demographic characteristics

Sr. No	Demographic Variable	Category	Frequency	%
1	Age in Years	21-30 years	114	81.43
		31-40 years	25	17.86
		>40 years	1	0.71
2	Gender	Male	12	8.57
		Female	128	91.43
3	Qualification	ANM	27	19.29
		GNM	94	67.14
		B.Sc.	4	2.86
		P.B.B.Sc	15	10.71
4	Year of working experience	< 3 years	87	62.14
		4-9 years	48	34.29
		10-15 years	4	2.86
		> 15 years	1	0.71
6	Nature of employment	Temporary	95	67.86
		Permanent	45	32.14
7	Marital experience	Married	56	40.00
		Unmarried	81	57.86
		Divorced	1	0.71
		Widow	2	1.43
8	Number of children	None	90	64.29
		1	32	22.86
		2	17	12.14
		More than 2	1	0.71
9	Family income	Up to Rs 5000-10000	82	58.57
		Rs. 10001-15000	40	28.57
		Above 15001	18	12.86
10	Type of family	Nuclear	92	65.71
		Joint	45	32.14
		Extended	3	2.14
11	Using any alternative therapy to reduce stress	Yes	15	10.71
		No	125	89.29
12	Do you have any history of medical illness	Yes	20	14.28
		No	120	85.71

Section II: Assess the level of Professional Quality of Life among NICU nurses

I. Assess The Level Of Compassion Satisfaction

Table 2- Frequency and percentage distribution of level of compassion satisfaction fatigue in professional quality of life among NICU nurses

Level of compassion satisfaction	Score	Frequency	Percentage
Low	>22	0	0%
Average	23-41	8	5.71%
High	<42	132	94.2%

Table no 3. Frequency and percentage distribution of level of burnout in professional quality of life among NICU nurses

Table no 2 shows that, majority of the samples 132(94.28%) were having high level of compassion satisfaction under professional quality of life scale, whereas 8(5.71%) samples having average compassion satisfaction and fatigue none of the samples belongs under the category of low compassion satisfaction.

Table 4- effectiveness of structured teaching program on nesting and swaddling among staff nurses

Level of Burnout	Score	Frequency	Percentage
Low	>22	6	4.28%
Average	23-41	132	94.28%
High	<42	2	1.42%

Table no 3 shows that, majority of the samples 132(94.28%) were having average level of burnout under professional quality of life scale, whereas 6(4.28%) samples having low level of burnout and 2(1.42%) samples were having high level of burnout in professional quality of life scale.

Assess the level secondary traumatic stress

Table no 4. Frequency and percentage distribution of level of secondary traumatic stress in professional quality of life among NICU nurses

Secondary traumatic stress	Core	Frequency	Percentage
Low	>22	14	10%
Average	23-41	104	74.28%
High	<42	22	15.71%

Table no 4 shows that, majority of the samples 104(74.28%) were having average level of secondary traumatic stress under professional quality of life scale, whereas 22(15.71%) samples having high level of secondary traumatic stress and 14(10%) samples were having low level of secondary traumatic stress in professional quality of life scale.

Section III: Association between level of professional quality of life among NICU nurses and selected demographic variable

The table 5 describes that, association of level of compassion satisfaction fatigue among NICU nurses with their demographic variables. Only using any alternative therapy to reduce stress that is significant and other demographic variables is not significant.

Section III: Association between level of professional quality of life among NICU nurses and selected demographic variable.

Table no 6.Association between burnout level with demographic variables

The table no 6 describe that association of level of burnout among NICU nurses with their demographic variables: i.e. age in year, year of working experience, family income, and use any alternative therapy to reduce stress is significant and other variables are not significant.

Table no 7. Association between secondary traumatic Stress with demographic variables

Table no 7 shows that there was no any association between secondary traumatic stress and demographic variables.

DISCUSSION

I. Assess The Level Of Compassion, Satisfaction Fatigue

Majority of the samples 132(94.28%) were having high level of compassion satisfaction under professional quality of life scale, whereas 8(5.71%) samples having average compassion satisfaction and none of the samples belongs under the category of low compassion satisfaction fatigue.

II. Assess The Burnout Level

Majority of the samples 132(94.28%) were having average level of burnout under professional quality of life scale, whereas 6(4.28%) samples having low level of burnout and 2(1.42%) samples were having high level of burnout in professional quality of life scale.

III. Assess The Level Secondary Traumatic Stress

Majority of the samples 104(74.28%) were having average level of secondary traumatic stress under professional quality of life scale, whereas 22(15.71%) samples having high level of secondary traumatic stress and 14(10%) samples were having low level of secondary traumatic stress in professional quality of life scale.

Aditi Prasad Chaudhari- A study was conducted on A profile of occupational stress in nurses. Objectives of this study to determine the extent and causes of occupational stress among nurses at bhabha autonomic research center hospital. To compare the stress levels among nurses depending on their year of experience. To study any correlation between stress levels and the extent of somatic complaints. Method of used in this study ninety-seven staff nurses without any preexisting psychiatric illness were evaluated for occupational stress using the expanded nursing stress scale. Result of this study 51.5% nurses experienced mild, 34% experience moderate, and 2.10% experienced severe stress.

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