



ORIGINAL RESEARCH PAPER

Nursing

PROFESSIONAL QUALITY OF LIFE AMONG CRITICAL CARE NURSES TO DEVELOP WEB BASED STRESS ALERT SYSTEM (SAS)

KEY WORDS: Professional, Quality of life, Critical care nurses, Stress

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ABSTRACT

Background: Nurses constitute Larger Health Care Work Force: Total: 6,30,406 Nurses. The prevalence of compassion fatigue and compassion satisfaction has been explored in many populations of caregivers, including social workers and emergency, medical-surgical, cardiovascular, pediatric, oncology, and hospice nurses, but rarely in critical care nurses. Basis for undertaking Organization Stress Prevention Programs to deal with negative aspects of professional life & maximize nurse's well-being (CS). **Objectives:** Phase 1: To assess the level of compassion fatigue and satisfaction among critical care nurses. Phase 2: Development of Web Based Stress Alert System (SAS). **Methods:** Descriptive research design was used with sample of 60 critical care nurses selected through simple random sampling. Tool used was Professional Quality of Life Scale. **Result:** Majority of the sample (71%) had average level of compassion satisfaction, 26% had high level of compassion satisfaction and 3% had low level of compassion satisfaction. Majority of the sample (61.3%) had average level of Burnout and 38.7% had low level of Burnout. **Conclusion:** Based on the findings Online Stress Alert System was developed. Web based SAS can prove as cost effective, easily implemented tool for caring of psychological health of Critical Care Nurses.

Introduction:

Although Individuals working in Helping Profession gain satisfaction from providing compassionate care to patients and patients' families, they are also at risk for fatigue. The balance between satisfaction and fatigue is considered Professional Quality Of Life (PROQL). Professional quality of life incorporates two aspects, the Positive (Compassion Satisfaction) and the Negative (Compassion Fatigue). Compassion Satisfaction: A positive Feeling Person derives from helping others. Compassion Fatigue: Burnout: Cumulative state of frustration with work environment, Secondary Traumatic Stress: Feeling of despair caused by the transfer of emotional distress from a victim to a caregiver. (Empathizing with Victim). PROQL is directly proportional to job productivity. Numerous studies have established that compared with professionals working in a less stressful environment, those working in overly stressful conditions are more prone to mental and physical exhaustion, causing more missed days of work and higher rates of attrition.

Problem Statement:

A descriptive study to assess professional quality of life among critical care nurses from selective hospitals in a metropolitan city with view to develop stress alert system (SAS)

Objective:

PHASE 1: To assess the level of compassion fatigue and satisfaction among critical care nurses.
PHASE 2: Development of web based stress alert system (SAS)

Materials & Methods:



Results:

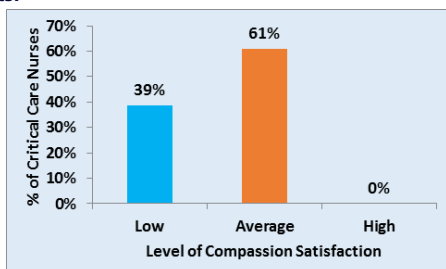


Figure 1: Distribution of Critical Care Nurses Based on Level

of Compassion Satisfaction

Figure 1 depicts that Majority of the sample (71) had average level of compassion satisfaction, 26 had high level of compassion satisfaction and 3 had low level of compassion satisfaction.

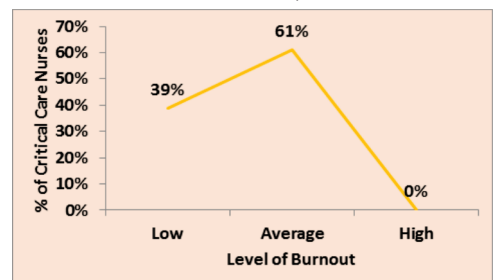


Figure 2: Distribution of Nurses Based on Burn out level

Figure 2 depicts that Majority of the sample (61.3%) had average level of Burnout and 38.7% had low level of Burnout.

Based on Results Online Stress Alert System was developed

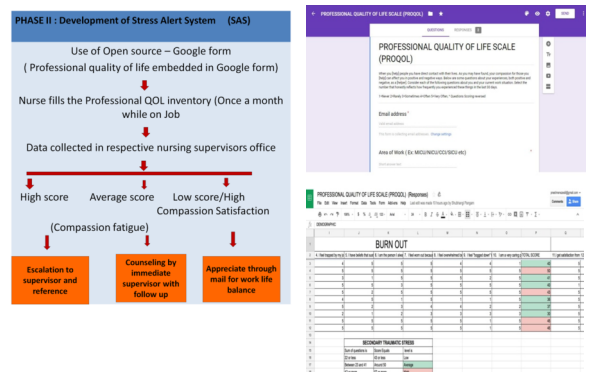


Figure 3: Development of Stress Alert System and online implementation plan

Discussion:

Study conducted by Crystal Hooper et al (2009) also revealed that nearly 82% emergency nurses experience moderate to high levels of burnout. Eighty six percent nurses experience moderate to high levels of compassion fatigue. Present study also exhibits similar type of trend where nearly 60 percent nurses exhibit moderate level of burnout & secondary traumatic stress level.

Conclusion:

Unresolved compassion fatigue causes physical & emotional

exhaustion & significantly impairs job performance. Thus identification of the same in turn would remove important factor impairing job productivity.

REFERENCES:

1. Crystal Hooper et al. Compassion Satisfaction, Burnout, and Compassion Fatigue among Emergency Nurses Compared With Nurses in Other Selected Inpatient Specialties. *Journal of Emergency Nursing*, 37(2), Mar 2011, 125
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