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## Determination of the relationship between quality of life and spiritual trends of nurses

Hatice Polat\*, Gülcan Bahçecioglu Turan\* and Mehtap Tan\*  
\*Ataturk University, Turkey

**Objective:** This study aims to determine the relationship between empathy exhaustion, quality of life, burnout and job satisfaction and spiritual orientation of nurses working in hospitals.

**Methods:** This study was conducted with 379 nurses working at a university and a state hospital located in the eastern Turkey between April 20 and September 11, 2016. For data collection, a questionnaire on introductory characteristics of nurses, the Work-Related Quality of Life (WRQoL) to assess nurses' quality of life at work, and Spiritual Orientation Inventory (SOI) were used to evaluate their spiritual orientation and experience. The evaluation of the data was performed by SPSS 21 statistical program in computer environment.

**Results:** Of the nurses included in the study, the average age was  $27.56 \pm 6.32$ , 74.1% was female, 35.1% had an associate degree, 62.5% had previously received training on spirituality and 96.3% stated that spirituality needs should be addressed. It was found that the average of "professional satisfaction" sub-scale score of the nurses participating in the study was  $34.10 \pm 9.91$ , the average burnout sub-scale score was  $19.83 \pm 6.39$ , and average empathy exhaustion sub-scale score was  $21.50 \pm 8.69$  according to the quality of life scale. In line with these data, it was determined that the professional satisfaction of the nurses was high, the burnout and empathy exhaustion were low. It was determined that the spiritual trends of the nurses was high according to the average SOI total score ( $98.83 \pm 15.04$ ).

**Conclusion:** As a result of the study, it can be said that the quality of life of the nurses is related to occupational satisfaction, burnout and empathy exhaustion.

**Keywords:** Empathy exhaustion, nurse, spiritual orientation, privacy, quality of life.

### Biography

Hatice Polat finished PhD in Nursing from Ataturk University in the field of Internal Medicine in 2013. She received the title of Assistant Professor in the same year. She has conducted research on subject such as reflexology, COPD, cancer, nursing, complementary treatment. Currently, Ataturk University, Faculty of Nursing is Assistant Professor.

haticeduyar@mynet.com

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