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## Workplace stress amongst nurses in pediatric intensive care units in Saudi Arabia

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**Background:** Research on workplace stress amongst nurses have shown that workplace stress in intensive care units affects the quality of care. Work in pediatric intensive care units (PICUs) can exacerbate workplace stress. Transnational research studies on workplace stress amongst nurses in PICUs have been sparse, and to date, no published evidence is available on this issue in the context of Saudi Arabia.

**Aim:** The aim of the research work is to explore and investigate perceptions of workplace stress amongst nurses within PICUs in Saudi Arabia.

**Methods:** This research comprised a cross-sectional study. Data were collected via the distribution of the Expanded Nursing Stress Scale, along with demographic and work characteristics questionnaires, among a purposive non-probability sample population of 172 nurses in Saudi PICUs.

**Results:** The highest levels of workplace stress responses were associated with the 'workload', 'death and dying' and 'patients and their families' subscales. The lowest levels were related to the perception of 'discrimination' in the context of work. The data on demographic and work characteristics showed that male nurses and those with a Bachelor of Science in Nursing perceived higher levels of workplace stress ( $p < 0.001$ ). Moreover, expatriate nurses perceived more workplace stress than Saudi nurses. There was no statistical correlation between years of PICU work experience and perceived workplace stress.

**Conclusion:** Nurses in PICUs across Saudi Arabia perceive a significant level of workplace stress triggered by tangible workplace stressors, demographic factors and workplace characteristics.

### Biography

Alabdullah Amany is in her final year of the PhD programme in Nursing at the University of Hertfordshire in the UK. She obtained her Master's Degree in 2011 in Pediatric Clinical Nursing from the University of Dammam in Saudi Arabia. She works as a Senior Nursing Lecturer at Princess Nourah Bint Abdulrahman University in Saudi Arabia, where she teaches Nursing at the undergraduate level. She is also a licensed Registered Nurse with the Saudi Commission for Health Specialties. She has published articles in reputed peer-reviewed journals and presented at national and international conferences. She is a Member of the Saudi Nursing Regulation Association as well as of the Saudi Cancer Foundation.

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