

# 47<sup>th</sup> Global Nursing & Healthcare Conference

March 01-03, 2018 | London, UK

## Nursing staff development, work conditions, strain, and stress in care of elderly in Jordan

**Mamdouh Yassin Faleh Al Hunaiti**  
University of Jordan, Jordan

**Background:** Nursing is a stressful job requiring supportive management and effective interventions using appropriate planning. To change work environments and improve organizations, accurate data are required.

**Objectives:** To explore the nursing staff stress and strain in relation to elderly care and to examine the association between staff development, work conditions and staff-perceived work stress and strain.

**Methods:** Cluster random sampling was undertaken to select three hospitals from the 31 private hospitals, in addition to the three governmental hospitals, which are located in Amman, the capital of Jordan. A cross-sectional design was used to recruit the 500 nurses who worked with elderly clients in the study settings.

**Results:** The most common sources of stress for geriatric nurses in Jordan were unsocial hours and difficult patients; psychological strain arose from working with dementia patients and insufficient time for tasks; physical stress came with cleaning and a single workspace. Predictors for work strain lay in factors of gender, job satisfaction, competence, development skills, and employee development. Stress predictors added work environment to this strain list. Female nurses had more physical and psychological strain and stress than male nurses; and nurses who have a better work environment had less stress.

**Conclusion:** Employeeship culture ideas could be partially implemented to improve partnership in the workforce within a hospital or between health institutions. Rotating elder care nurse groups through other wards would temporarily replace the stress of dementia patients with a varied workspace, different collegiate and superordinate interaction and different new tasks.

### Biography

My name is Mamdouh El-Hneiti. I've finished my MSc in cancer care from Oxford Brooks University in 2009 and then completed my PhD in nursing studies from Kings College London in 2014. I have four years teaching experience. I'm currently working as assistant professor at the University of Jordan. My research areas are community nursing, primary nursing care and elderly care. I'm currently working on many research projects. One of them is related to the role of nursing in caring for elderly and its association with work stress and strain.

### Notes: