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## Preparedness of nurses in their adaptation from novice to expert in ER hospital settings in Arab countries: A systematic review

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In the Middle East regions, emergency cases like human related accidents (motor vehicle crashes, terrorist's attacks), technological hazards (often in industrial setting) and natural disasters (floods) are common occurrences in the emergency rooms of every hospital in the Arab regions. Alamari (2014) stated that the above-mentioned are the current hazards and vulnerabilities of the country that health care workers should be prepared always. Nurses being the front runners of the hospital are the immediate responders in these kinds of hazards and accidents. According to Bajow, et al. (2015), preparedness among the healthcare professionals especially nurses are the key elements for any disaster preparedness and management. The objective of this study focuses on exploring and analyzing the preparedness of emergency room nurses employed in various hospitals in the Middle East countries like Saudi Arabia, Oman, Kuwait, UAE, Qatar and Bahrain. Various literatures in relation to the topic were systematically reviewed to figure-out the level of preparedness of nurses in Arab countries dealing with emergency and disaster situations in hospital setting. Situational novice to expert and frameworks were employed to serve as guides in emphasizing the context in which it transpires. The result of this review found out that ER nurses were dynamic and prepared in engaging with emergency situations identified in various literatures. Initially, nurses encountered various gaps and predicaments in actualizing their potentials as healthcare providers handling emergency situations due to lack of experience, knowledge and skills resulting changes in their adaptation modes concerning their physiologic state, self-concept, role identity and interdependence as identified by Roy's model. However, literatures have proven that nurses managed to adapt, adjust and cope in handling personal and professional undertakings in the emergency department. Numerous themes have emerged from this systematic review such as 'Struggles of novice ER nurses', 'Adaptation to the ER setting', 'Acquiring ER competencies', and 'Self-reliance and future career advancements', patterned with Benner's novice-expert theory that shed light the objective of this review. Knowing the level and standpoints of ER nurses in Arab countries towards adaptation, would give awareness and realization to what can be achieved and should be eliminated in the formula of mentoring ER nurses. The body of knowledge, essence of the study, would pave contributions in creation of programs and activities developing the competency of the nurses handling life-threatening cases.

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