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## **Nurses experiences of their self-leadership in a critical care outreach service**



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The increased acuity and complexity of patient needs within wards create challenges for nursing staff. These challenges resulted in the development of Critical Care Outreach Service (CCOS). CCOS recognize early signs of deterioration in ward patients' conditions. These approaches are based on the premise that early recognition of physiological abnormalities, coupled with the rapid intervention of proactive nurses, may result in an improvement in functional outcomes or mortality rate of patients. Nurses should take the lead in recognising the deterioration in patient and utilise behaviour and cognitive strategies in managing deteriorating patients. The ability to respond and initiate health interventions confirms the role of self-leadership in CCOS. In this study the nurses' experiences on their self-leadership in CCOS were explored to obtain insight into their self-leadership in CCOS. It became evident that self-leadership aimed to develop personal effectiveness through the three categories of individual-level approaches; namely (1) behavioural focussed actions, (2) natural reward (motivational) actions and (3) constructive thought (cognitive) patterns (Van Wart, 2015:90). These approaches came to the fore in all the themes analysed from the data in this study. Insight into the nurses' role as self-leaders led to the development of a conceptual framework on self-leadership and self-leadership strategies in a CCOS at a private hospital.

### **Biography**

Carine Prinsloo has received her B Cur Ed et. Admin with Critical Care and Master's degree (cum laude) from the University of Johannesburg, South Africa. She is currently busy with her PhD in Nursing Management at the University of the Western Cape. She worked in a private hospital from 1993 in Pretoria as a Critical Care Outreach Nurse Expert until January 2018. She joined the University of South Africa as a Lecturer in Nursing Management in February 2018.

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