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Resilience, compassion satisfaction, compassion fatigue, depression, anxiety and stress in nurses working shift work in Australia: Phase 1 results

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The overall aim was to investigate the impact of shift work on resilience in nurses and to determine whether nurses who work shifts have different mental health/professional quality of life outcomes compared to those who work regular hours. This study examined data collected from registered and enrolled nurses (n=1495) as part of a 2013 online self-report study among employed nurses who were members of the Queensland Nurses' Union. Generalized Linear Mixed Model analysis revealed shift workers had significantly lower scores on the compassion satisfaction measure; however, this was a very small effect. There were no significant differences between shift and non-shift workers on depression, anxiety, stress, resilience, secondary traumatic stress and burnout. Nurses working shifts showed significantly lower levels of compassion satisfaction compared to non-shift worker nurses; however, they did not indicate they will leave the profession compared to non-shift worker counterparts.

Biography

Mozhdeh Tahghighi has a Bachelor of Nursing, and has completed her Master of Nursing from the University of Western Australia. She is a PhD candidate in Psychology (third year) at Curtin University. She is working on resilience of nurses working shift work in Australia, which is a first Australian study. Also, she is Registered Nurse in this country.

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