

2nd International Conference on Nursing & Healthcare

November 17-19, 2014 DoubleTree by Hilton Hotel Chicago-North Shore Conference Center, USA

Battling adversity: Women's journey back to work after a lapse due to depression

Heather MacDonald

University of New Brunswick, Canada

Depression is both an urgent and complex occupational health issue. Many individuals are employed at the same time as they are experiencing a major depressive episode. A large proportion of workers who experience a depression-related absence from work are women. However, little is known about the experiences of returning to work for women with depression. The goal of this study is to identify women's experiences of returning to work after a lapse due to a depression. Grounded Theory is the method being used. At this time 31 women of the projected 40 have participated in in-depth interviews. Analysis is currently being conducted and reoccurring themes are emerging. In this presentation the focus will be on two themes. The first theme is "Battling Adversity" which includes battling depression, battling the workplace and battling the institution, all of which describe the struggle many women have experienced in returning to work. The second theme "Upholding Silence" includes concealing their depression and selective disclosure. Women speak about wearing a mask when they are in the workplace in order to conceal their depression. Many women mention triggers and use particular language while explaining their absence from work, such as burnout, stress, and fatigue. These words are thought to be helpful in concealing the depression. Women described their journey back to work and back to wellness.

Biography

Heather MacDonald completed her MScN at the University of Toronto in Toronto, Ontario, Canada and her PhD in Nursing at the University of Manchester in Manchester, England. She has been a professor at the University of New Brunswick in Fredericton, N.B. Canada since 1990. Prior to her studies, she was the Nurse Manager of a general Pediatric Unit. In addition to have a number of publications, she has presented papers at various local, national and international conferences on the topic of Parents Caring for Children with Complex Care Needs at Home and on Women returning to work after depression. In addition to working at UNB, Dr. MacDonald has a Parish Nursing Practice.

heatherm@unb.ca