

# Healthcare & Hospital Management

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## Factors influencing work-related stress in the nurses of a women and children hospital

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**Background:** The healthcare environment has changed with society in recent years; the nurses have to face the different kinds of the impact in their care process. Patients and their families expect to receive more good care; as well as there are fewer children in the family. Those factors make them more demanding to the nurses for takes care of newborns, sick children and adult patients. Thus, the nurses working in maternity and child care hospitals are also facing many challenges. The aim of this study was to explore the work-related stress influencing gynecological, obstetrics and pediatric nurses, and the factors related to this stress.

**Methods:** This study was conducted at a gynecological, obstetrics and pediatric teaching hospital in northern Taiwan. The nurses had to agree and completed the inform consent, and then they were eligible for the study. Nurses who were on extended sick leave or on an extended period of unpaid leave were excluded. Data were collected by a questionnaire from 185 nurses. The content of the structured questionnaire included an experience of work-related stress and reaction to work-related stress. This questionnaire was revised after the assessment of expert validity and a pilot study.

**Results:** Regarding the psychological reaction to work-related stress, the response with the highest score ( $3.98 \pm 1.01$  points) was "I often experience anxiety because of pressure resulting from manpower shortages." No statistically significant differences ( $p > 0.05$ ) in variables were found. As regards the physiological response to work-related stress, the response with the highest score ( $4.12 \pm 0.87$  points) was "When at work, I often experience back pain and discomfort in my hands and feet". For these responses, there was the statistically significant difference ( $p < 0.05$ ) including age groups, years of service, working units, forms of employment, and working shifts.

**Conclusions:** The work stress and stress response of nurses are important factors affecting occupational health. The work-related stress of nurses should be taken more attention and provide strategies to relieve their stress.

### Biography

Chen, Chii-Shya has been working at the Heping and Fuyou Branch of the Public Taipei City Hospital in Northern Taiwan for more than 15 years. The medical development characteristics of the Fuyou Branch are mainly Women and Children's Health. The main settings are including Gynecology/Genetic Health/Pediatrics/Children's Physical and Mental Development Center. He has obtained a master's degree and at this stage, He is the director of the administrative center. The researches on the psychological and physical health of the personnel are also one of the focuses. His goal is to act as a center for disease control and prevention, to show goodwill to the community, to give priority to women and children, and to ensure quality service.

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