Adv Practice Nurs 2017, 2:3(Suppl)
DOI: 10.4172/2573-0347-C1-006

Are job demands in managerial nurse's position predicting cardiovascular diseases?

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Observational studies indicate that stress factors strongly influence the course of cardiovascular disease (CVD). Management approaches include job demands, are most predictive of exhaustion. We hypothesized that job demands and job resources among managerial nurses have an indirect impact on nurses' life and predict cardiovascular diseases. In the present study, we cross-sectionaly examine new epidemiologic evidence for the association between managerial position and CVD risk factors, identify pathologic stressor among managerial nurses that may be responsible for this association, and describe a paradigm for studying positive factors that may act as a buffer. The study population consisted of 200 nurses who work in Zafed Medical Center. All nurses were complete a Job Content Questionnaire, including demographic ,relevant health questions, indicators of working conditions, occupational stress, workload, and job satisfaction. A direct association between age and cardiovascular risk factor was found. No significant relationships were detected regarding managerial job and the presence of smoking. Using a multivariate logistic regression model including all the known CVD risk factors, significant effect was for managerial job on hypertension, diabetes hypercholesterolemia and on the level of risk factor ($p=0.036$, $p<0.001$, $p=0.001$, $p=0.002$, respectively). In conclusion, there is a strong relationship between the managerial job among hospital nurses and CVD risk factors ($p<0.001$) so that job demands in managerial nurse's position can be a well predictor for cardiovascular diseases. A future goal should be to detect the development of CAD, tailoring appropriate intervention programs for the nurses aimed to reduce the CVD risk factors

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