

The relationships between clinical reasoning ability, job stress, social support and self-efficacy among clinical nurses

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Very few studies focused on clinical nurses' clinical reasoning ability, job stress, social support and self-efficacy concurrently and their relationships. This study aimed to explore relationships between clinical reasoning, job stress, social support and self-efficacy. This study surveyed 225 registered nurses in a community teaching hospital in Taiwan using Taiwanese Hospital Nurse Stress Scale, Social Support Questionnaire, General Self-efficacy Scale and Nurses Clinical Reasoning Scale. The mean age of the participants was 30.34 years, 64.4% of them had an educational level equal or higher than bachelor's, worked as mean of 72.8 months, 40.9% worked rotating shifts and 31.6% practiced in the researching hospital when they were students. Descriptive statistics, t test, ANOVA, correlation and regression analyses were applied to analyze data. Results showed that clinical reasoning was related to years working as a nurse and differed by educational level and clinical ladder. Those worked with rotated shifts perceived higher level of job stress. Those who had practiced in current hospital before working as a nurse perceived higher level of social support. Those who were older had higher level of self-efficacy. Job stress, social support, and self-efficacy were intercorrelated. Clinical reasoning and job stress could predict self-efficacy. We suggest arranging fixed working schedule; hiring sufficient number of nurses; providing complete and adequate employee orientation and in-service education/training, self-efficacy training programs, reflective leaning programs, chances for experience sharing to decrease job stress, improve clinical reasoning, increase social support and improve self-efficacy.

Biography

Mei-Shu Chou is currently a Nurse Practitioner specialized in Medical Nursing. She has completed her Master's degree in Nursing Science and Practices in Clinical for more than 10 years.