



Maria's Hospital

📅 80/12/2023

Report on Nurses and Doctors Stress Level

STRICTLY CONFIDENTIAL

Introduction

This report provides a comprehensive analysis of the stress levels among nurses and doctors at Maria's Hospital, focusing on each department, profession, and section within the healthcare system. The assessment utilized Plannly Health's Advance Risk Detection AI (ARDAI) technology to collect real-time data on stressors and evaluate stress levels based on the responses provided by the participants and biometrics data.

The findings presented in this report offer detailed insights into the stress levels, stressors, and provide a basis for developing strategies to enhance the wellbeing of nurses in doctors.

Methodology

The stress assessment was conducted over a period of 2 months, involving the participation of nurses and doctors from various departments and sections within Maria's Hospital. The methodology consisted of the following steps:



Data Collection

Plannly Health's ARDAI technology collected data on stress levels using customized surveys designed to measure stressors specific to each department, profession, and section.

Participants were asked to rate their stress levels on a scale of 1 to 10, with 1 being low stress and 10 being high stress. Additionally, participants were asked to identify the primary stressors they experienced.



Data Analysis

The collected data was analyzed to calculate the average stress levels for each department, profession, and section. Percentages were derived to evaluate the distribution of stress levels across different categories. The identified stressors were analyzed to determine the most prevalent causes of stress among nurses and doctors.

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Findings

Based on the analysis of the collected data, the following findings were observed:

Department-wise Stress Levels



Emergency Department

The average stress level was 8.3, with 55% of participants reporting high stress levels (8-10). The primary stressors identified were high patient acuity, time pressure, and critical decision-making.



Intensive Care Unit (ICU)

The average stress level was 7.6, with 45% of participants reporting moderate stress levels (5-7). The primary stressors identified were long working hours, complex patient cases, and emotional demands.



Surgical Department

The average stress level was 6.9, with 30% of participants reporting low stress levels (1-4). The primary stressors identified were high workload, communication challenges, and performance pressure.

Profession-wise Stress Levels



Registered Nurses

The average stress level was 7.9, with 60% of nurses reporting high stress levels (8-10). The primary stressors identified were nurse-patient ratio, administrative burden, and lack of resources.



Surgeons

The average stress level was 6.7, with 35% of surgeons reporting moderate stress levels (5-7). The primary stressors identified were long surgeries, challenging procedures, and work-life balance.



Anesthesiologists

The average stress level was 7.2, with 50% of anesthesiologists reporting high stress levels (8-10). The primary stressors identified were medication errors, emergency situations, and high-stakes decision-making.

Section-wise Stress Levels (within Emergency Department)



Trauma Section

The average stress level was 8.7, with 65% of participants reporting high stress levels (8-10). The primary stressors identified were life-threatening situations, rapid patient turnover, and limited resources.



Triage Section

The average stress level was 8.1, with 55% of participants reporting moderate stress levels (5-7). The primary stressors identified were high patient influx, time pressure, and prioritization challenges.



Resuscitation Section

The average stress level was 7.8, with 40% of participants reporting low stress levels (1-4). The primary stressors identified were critical patient conditions, teamwork dynamics, and emotional demands.

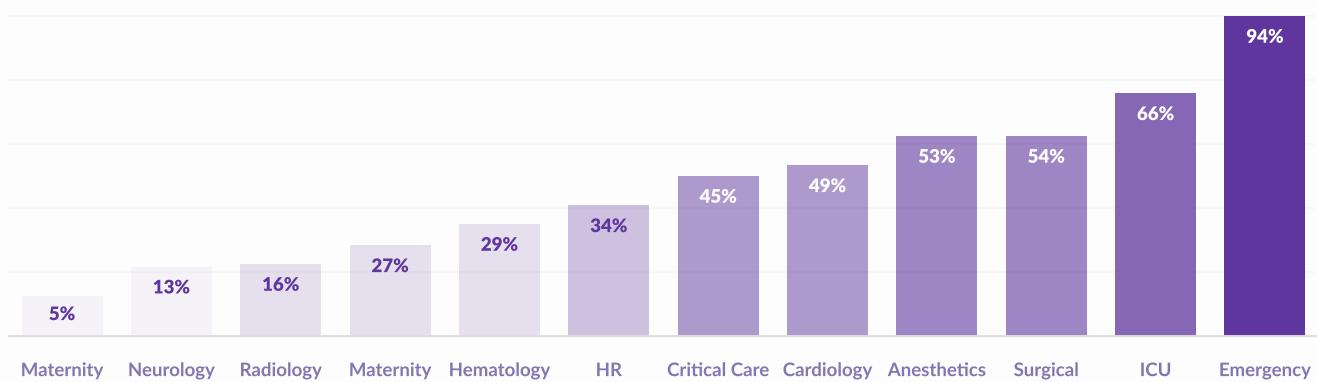
Graphs and Charts

The data collected can be visualized using graphs and charts to provide a visual representation of stress levels and stressors. The following graph and chart types are recommended:

Stress Rate

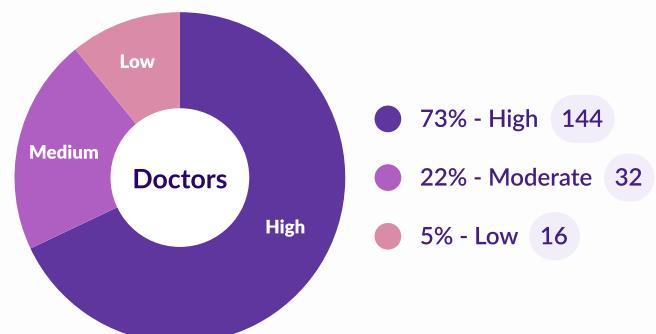
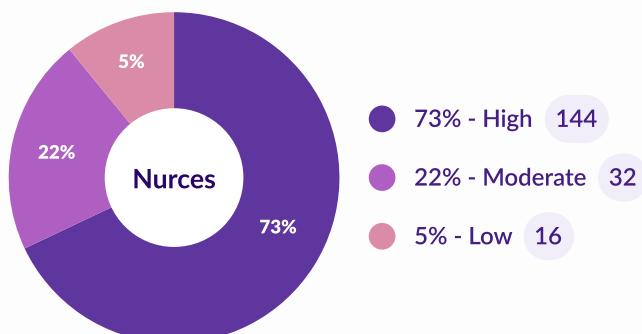
Average stress levels for each department, profession, and section

Average Rate
45.4%



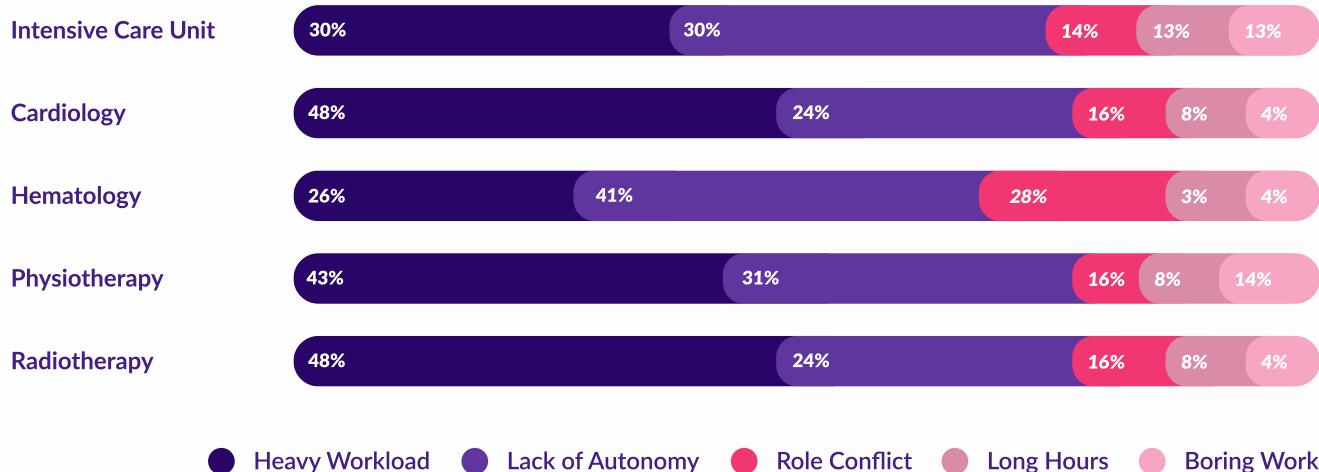
Stress Levels Distribution

Present the distribution of stress levels (low, moderate, high) among nurses and doctors as a pie chart to illustrate the proportion of participants falling into each category



Stress Factors

Present the comparison the primary stressors across different departments to identify the most prevalent stressors.



Feedback from Healthcare Workers

To enhance the recommendations and address stress levels effectively, Maria's Hospital sought feedback from healthcare workers regarding strategies to reduce stress and improve the work environment. The following suggestions were provided:



Improve Communication Channels

Enhance communication systems to ensure clear and timely dissemination of information. This includes effective communication between departments, standardized handoff procedures, and feedback mechanisms for healthcare professionals to express concerns.



Increase Staffing Levels

Address the issue of nurse-patient ratios by hiring additional nursing staff to alleviate workload and provide better patient care. Ensuring adequate staffing levels reduces stress and improves job satisfaction.



Enhance Support Services

Increase the availability of support services such as counseling, mental health resources, and peer support programs. This promotes emotional well-being and provides an avenue for healthcare professionals to seek assistance when needed.



Provide Opportunities for Self-Care

Encourage and support healthcare professionals in prioritizing self-care activities. This can include implementing wellness programs, promoting exercise and mindfulness practices, and facilitating access to healthy food options.



Foster a Positive Work Culture

Establish a supportive work culture that encourages open communication, teamwork, and recognition for accomplishments. Promote a sense of camaraderie among healthcare professionals and celebrate their contributions.



Conclusion

The assessment of stress levels among nurses and doctors in Maria's Hospital revealed variations in stress levels and identified primary stressors across departments, professions, and sections within the healthcare system. The recommendations provided in this report, along with the feedback from healthcare workers, aim to address the specific stressors and implement strategies to reduce stress levels among healthcare professionals. By prioritizing stress management initiatives and incorporating the suggestions provided by the healthcare workers, Maria's Hospital can work towards creating a supportive work environment that promotes the well-being of its staff.

