Nursing Stress Survey

Student’s Name

Institutional Affiliation

Date

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Question 1

Nurses act as the medical system's beating heart since they dedicate their lives to caring for others. However, as they tackle their day to day activities, they may face several issues in their career (Amiri et al., 2019). For instance, nurses may face the issue of mandatory overtime; this may be brought by long working hours due to inadequate staffing, job overtime, which may lead to chronic overtime and, at a time, may lead to stressful working experiences. Mandatory overtimes are normally brought by a shortage of nurses and negative effects on patients, which lead to medical errors and, eventually, during nurses away from the bedsides. Another issue is safety at workplaces (Amiri et al., 2019). The safe comes in various forms; it may be from safe patient handling or safe needles. These highly impact a nurse’s life, and if they do not adequately attend to it may result in nurses' stress and fatigue.

Additionally, a person tries to have a successful career; they are likely to face workplace violence, impacting their lives and roles. The healthcare workers need to understand that there are at an increased risk of work-related assaults that emerge from their clients, residents, and patients' primary violent behaviors (Mohamed, 2019). That as a nurse, one needs to know how to handle and predict future violence. Nurses are also likely to face personal health issues in their careers. As nurses, one needs to take time away from work and relax to help their mind (Mohamed, 2019). People should realize that, nursing is mentally exhausting, and physically strenuous, and a person may suffer from back problems and sore fetes.

Question 2:

Although there is stress in all kinds of jobs, fields that deal with human health are more sensitive and critical. As a nurse, stress is guaranteed in this career. Thus, nurses need to learn how to handle stress or cope with stress on their jobs (Eslami et al., 2017). Foremost, nurses need to learn how to take care of themselves. Taking care of oneself means eating well-balanced meals, eating healthy, exercising regularly, getting enough sleep, and giving oneself a break if they feel stressed. Another way to cope with stress is to normalize taking with others. Taking allows a person to share their problems, how they fell. It essential to always take a break when news or events that may lead to stress occur. A person should also realize that it’s not personals (Almazan et al., 2019). They should realize that people with sick loved ones may be under the worst stress of their lives and when they unleash their anger or fear, it's important to handle them without over reacting as it may lead to personal stress. If a situation becomes too tense, the individual needs to remove themselves from the area or situation as it will help clear both the mind and the nerves. Besides that, the nurses should always practice deep breathing exercises and, at times, retreat to peaceful places whenever they feel stressed.

Question 3

1. As a nurse, during my first days in the field, I hand an instance of what I can call horizontal violence. One day while working on a shift with one of my colleagues in charge of the unit, the individual refused to have a meaningful conversion and constantly ignored and made signs impatiently whenever I tried to shares patients’ information.
2. My perception of the event was that the person looked down upon me since I was new in the career, and they felt that I could not ask or contribute any meaningful thing about the patients. Besides that, the individual might have felt that I was interfering with their work, yet I did not have much experience in the unit.
3. Although I did not report the matter, I did not dismiss it. I responded appropriately by reaching out to the individual and told her how I felt about the behavior. I was very empathic, and I clearly communicated with the individual about how I would prefer to be treated. She responded well, and from that day, we never had any issues.

References

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