Assessment of Stressors for Nurses Working with Children Cancer

Thesis

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ABSTRACT

Aim: The study was aimed to identify stressors for nurses working with children cancer patient through identify the types of stressors for nurses and assess the effect of stressors for nurses working with children cancer patient. The study conducted on 100 pediatric oncology nurses working at National cancer institute, using descriptive design. The data collection tools involved socio-demographic inter viewing sheet, and factors that contribute to the stressors among the studied nurses, in addition to stress effect index was used to assess the effect of stress on nurses such as physical, psychological work, financial and family factor the findings of the study showed that there were many factors among pediatric oncology nurses that contributed the stressors. The majority of studied nurses was female and 44% of them had baccalaureate degree nurses their age less than 30 old years, the majority of them are married 47.0% while only 12% are divorced. The study conducted that 45.0% of the studied nurses had severe stress, 27.0% of them had moderate sever, while 28.0% of them had no stress, there was 57.0% of the studied nurses had severe stress effect, 24.0% of them had moderate stress effect, while 19.0% of them had no stress effect, while 19.0% of them had no stress effect and there was positive correlation between illness, medication of the studied simple and their stress score with statistically significant differences between long acting medication of the studied nurses and their stress.

Key words: stressors – children cancer – oncology nurses

Introduction

Oncology nurses are challenged with the increased responsibility for coordinating quality child care with limited resources and supports. The real challenge for nurses is to meet the mental, social, cultural, spiritual and developmental needs arising from patient's emotional responses to their diagnosis ***(Brito & Carvalho, 2012).*** Nurses through their knowledge can play an important role in reducing the number of stressors in children with cancer, they can help to bring about a change in children's life styles to minimize their risk of developing stressors, children cancer and their families usually have fear about the future ***(Gray-tolt & Anderson (2012).*** The nurse should have a key role, not only he/she participating in the treatment of the patient, but also in providing psychological support often over many year ***(McGrath, 2011).***

Cancer affects the entire family, not just the patient. Treating a cancer patient is often an exercise of treating a part if not the whole family of the patient, in addition to causing distress to the patient, it puts financial, personal, social and health stress on family members. If nurses are among the family, as they usually are, stress reduces the quality of care that the patient receives ***(Kasiulisand Barvydiene, 2012).*** The amount and type of stress is culturally determined and needs to

be evaluated accurately, if strategies are to be developed to combat it. If the stresses of the nurses are reduced, then one can expect the patient to benefit ***(Rose et al., 2011).***

Stressors are defined as "anything an individual perceives as a threat, the stressors that face oncology nurses are psychological stressors could be presented as anxiety, moodiness, feeling overwhelmed, agitation, inability to relax, irritability, sense of loneliness, isolation depression and general unhappiness ***(Threshopd, 2012).***Physical stressor as aches, pack pain, diarrhea or constipation, nausea, dizziness, Chest pain, rapid heartbeat, loss of sex drive, and frequent colds ***(Fashioinetal, 2012).***and social stressor such as low socialization, depersonalization, emotional exhaustion, and low personal accomplishment ***(Lulgnderysk et al., 2011).***

Stressor describes what nurses feel when they are under mental, physical, or emotional pressure. Although is normal to experience psychological stress from time to time, nurses who experience high levels of psychological stress or who experience it repeatedly over a long period of time may develop health problems (mental and/or physical). **Moreno smith M (2010)** stress can be caused both by daily responsibility and routine event, when people fell that they are unable to manage or control changes caused by illness, they are in distress ***(Lutgenerol, Antoni, 2010).***

Significance of the study

Pediatric oncology nurses experience loss and grief in their daily clinical practices as a result of working directly with children cancer patients and their families. The experiences of loss and grief can pose many threats to the pediatric oncology nurse's emotional, physical and psychological well-being ***(McDonald et al., 2012).***

Aim of the Study

This study was aimed to identify stressor for nurses working with children cancer patient through:-

1- Identify the types of stressor for nurses working with children cancer patient.

2- Assess the effect of stressor for nurses working with children cancer patient.

RESEARCH QUESTION:

1- What is the type of stressor affecting the nurses working with children cancer patient?

2- What is the effect of stressor for nurses working with children cancer patient?

Review of Literature

The presented literature review is divided into two main chapters.

The first chapter includes Overview about Stress and stressors which contain concept of stress, concept of stressors, symptom of stress, theories of stress, types of stressand strategies to reduce stress.

The second chapter contain overview about nursing occupational stress will focus on concept of occupational stressors, Models for nursing occupational stressors, oncology unit nursing occupational stress, causes of oncology unit nursing occupational stress, occupational stressors for nurses at children cancer unit, effect of of stress for nurses

Glossary:

For the purpose of this review the following definitions will be used.

Stress:

`Is a physical or mental reaction of an organism to depressing situations causing danger to well-being, health or life of an individual. Stress is harmful; it wears the organism down and creates various disease ***(Sumner, 2001).***