Kingdom of Saudi Arabia
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المملكة العربية السعودية
جامعة الملك سعود بن عبدالعزيز للعلوم الصحية
كلية التمريض – جدة

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Critical care nurses (CCN's) experience stressful situations in their daily working environments.

The questions asked by Critical Care Nurses were:

Are there adequate support systems in the critical care environment ?
What are critical care nurses doing to maintain their own health and well-being?

Facilitating conscious awareness among critical care nurses could enhance their resiliency and hardiness, strengthening their coping capacities in stressful working situations.

A qualitative research (exploratory, descriptive and contextual) approach was used to explore and describe the stressful situations experienced by critical care nurses in the Tshwane Metropolitan area of South Africa. Data was generated from the Focus group interviews conducted with critical care nurses and individual interviews with nurse managers. The contextual framework adopted for this research was the Neuman Systems Model. The results revealed their perceptions and experiences about the effects of stress in the critical care environment, as well as some of their coping strategies.

The recommendations included were that stress management programs should be implemented and evaluated, that debriefing services should be available to critical care nurses, in-service education programs should be implemented and evaluated, effective communication systems should be established between nurse managers and critical care nurses to address inconsistencies as they arise, including the critical shortage of human and material resources. Strategies for raising conscious awareness in identifying stressors, which enables and facilitates the choice for healthy coping mechanisms, which enhances resiliency and hardiness. critical care nurses, in-service education programs should be implemented and evaluated, effective communication systems should be established between nurse managers and critical care nurses to address inconsistencies as they arise, including the critical shortage of human and material resources.