

A cross sectional study to assess the Emotional Resilience and Effectiveness of Care Provided by Nurses working in a selected tertiary care hospital.

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Abstract

Statement of the Problem - Nursing has been rated as one of the toughest professions to practice and resilience is a major determinant of the nurse's wellbeing, having a major influence on the quality of care provided by them.

Resilience is the capacity of the individual to recover quickly from difficulties. This quality equips the nurse to oversee the regular routine of disease and death among patients under her care and impart care, deemed effective by the patient. All nurses have to be highly resilient to be able to provide effective care to patients under their care.

Its rarely ever that a person comes joyfully to a hospital and its the sad plight of the medical staff, to manage an individual who is unwell physically and maybe even mentally and emotionally. It requires yeoman efforts and immense physical and emotional resilience on the care givers part, to provide effective care to patients with a smile on your face.

Objective of the study was to assess the emotional resilience of the care giving nurses and its correlation with effectiveness of care provided by nurses

Methods: A quantitative non experimental descriptive cross sectional study design was followed. 50 nurses and 100 patients cared by them were selected through non probability convenient sampling. The selected nurses answered the Resilience scale of 25 questions and the selected patients under the care of these nurses answered the Patient Satisfaction with Nursing Care Quality Questionnaire of 22 questions and socio demographic variables of 08 questions .

Results: 43% of nurses showed Moderately High Resilience and 18 % and 10% showed High and Very High levels of Resilience. 56% patients reported good care, 42% reported that they were moderately satisfied with care and 2% reported receiving poor nursing care. Among the patients cared for by nurses with scores of moderately high resilience and more, 52% reported good care and 40 % were moderately satisfied with care.

Conclusion

High level of resilience provides psychological empowerment and low job stress. Also predicts greater job satisfaction. Resilience of Nurses was positively related to Patient Satisfaction with Quality of Nursing care.

Biography:

Radhika Das is a registered Nurse and Midwife, specialized in the field of Psychiatric and Mental Health nursing. She is presently posted as Assistant professor in Psychiatry Nursing under Maharashtra University of Health Sciences, Nashik, Maharashtra , India. She is a recognized Undergraduate and Post graduate guide and has 09 publications to her credit. She is a member of Indian Nursing council, Trained Nurses Association of India and Indian society of Psychiatry Nurses

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