



Exploring Emotional Distress Among Nurses Using the ProQOL Scale

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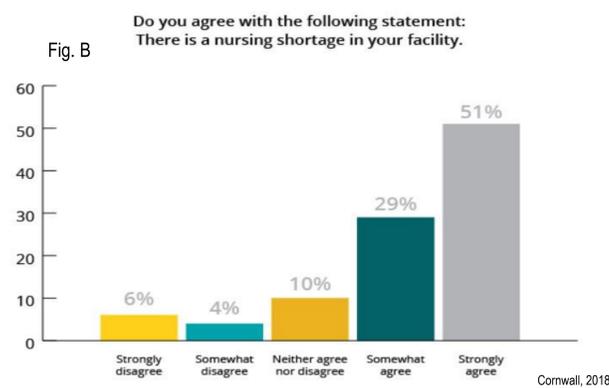
Purpose

- Discuss emotional distress frequently experienced among healthcare professionals focusing on:
 - Compassion Fatigue
 - Burnout
 - Secondary Traumatic Stress
- Examine how emotional distress is directly linked to turnover, increasing the nursing shortage
- Explore the Professional Quality of Life (ProQOL) Scale and how it can benefit nurses

Background

The registered nurse shortage could reach as high as 500,000 by 2025

See Fig A and B for the findings of measuring the quality of experiences in nurses' current working situations



- Burnout is a psychological or physical symptom that develops from chronic workplace stressors (Lesly, 2020)
- Compassion fatigue is the perception that spiritual, physical, and emotional distress occurs when caring for other people or animals in considerable physical or emotional pain (CFAP, 2017)
- Secondary Traumatic Stress (STS) is viewed as a threat to emotional health that develops when discussing another's traumatic experience (NCTSN, n.d.)

Methods

- Extensive review of literature
- ProQOL (version 5) scale would be administered to participating nurses
- [helper] or [helping] will be replaced with [nurse] or [nursing]
- Evaluate nurses' scores on the scale to determine level of distress within the focus areas

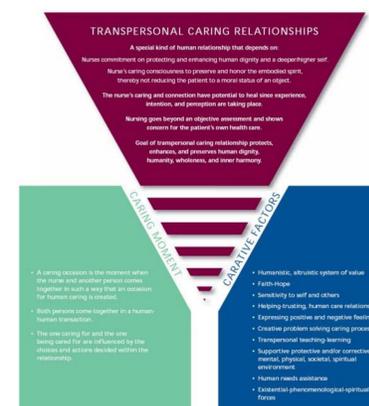


Center for Victims of Torture, 2019

Framework

Jean Watson's Theory of Transpersonal Caring

"Nursing is concerned with promoting health, preventing illness, caring for the sick, and restoring health." (Gonzalo, 2021)



PMHealthNP, 2021

Outcomes/Conclusions

- Healthcare providers, especially nurses, have an increased probability of experiencing emotional distress
- By allowing nurses to assess their levels of emotional distress using the ProQOL scale, they can take action to ease experienced symptoms or understand prevention strategies

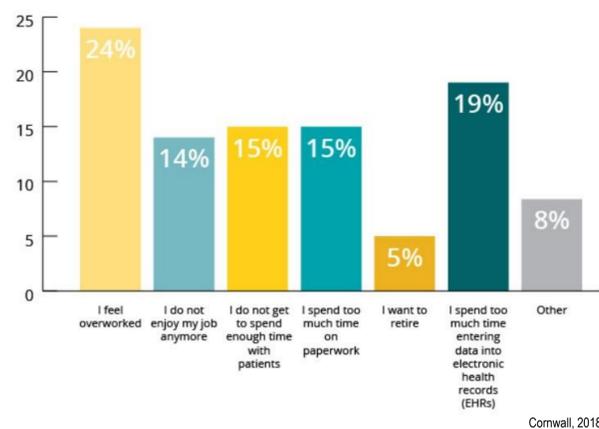
Van der Heijden et al., 2019

Relevance to Nursing

- Compassion and caring at the core of the profession
- Increase patient satisfaction
- Nursing experience in
 - Job Satisfaction
 - Personal achievement



Fig. A
For what reasons have you considered leaving the nursing profession?



Compassion Fatigue Awareness Project. (2017). Compassion fatigue. Compassion fatigue awareness project. <https://www.compassionfatigue.org>

Comwall, L. (2018, December 12). RNNetwork 2018 Portrait of a Modern Nurse Survey. RNNetwork. <https://rnnetwork.com/blog/rnnetwork-2018-portal-of-a-modern-nurse-survey>

Gonzalo, A. (2021). Jean Watson: theory of human caring. NurseLabs. <https://nurseslabs.com/jean-watson-philosophy-theory-transpersonal-caring>

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Psych-Mental Health NP. (2021). Jean Watson Theory of Human Science and Human Caring. <https://imhealthnp.com/jean-watson-theory-of-human-science-and-human-caring>

The National Child Traumatic Stress Network. (n.d.). Secondary Traumatic Stress. Center for Mental Health Services. <https://www.nctsn.org/resources/secondary-traumatic-stress>

Van der Heijden, B., Mahoney, C., & Xu, Y. (2019). Impact of job demands and resources on nurses' burnout and occupational turnover intention towards an age-moderated mediation model for the nursing profession. International Journal of Environmental Research and Public Health, 16(19), 1-22.