

The Path to Increasing Your Professional Quality of Life: Reduction of Compassion Fatigue, Stress and Burnout

Jennifer Shipman

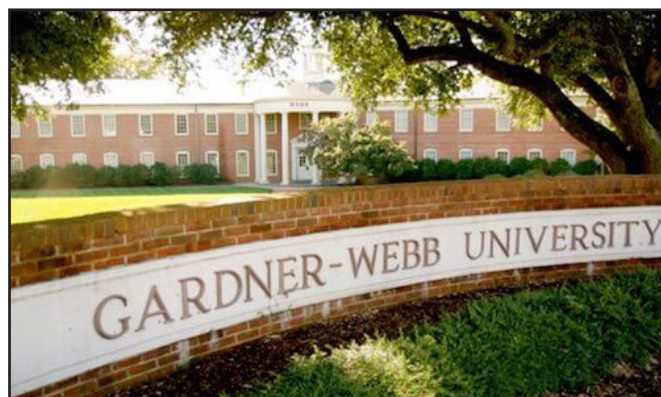
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Abstract:

Job-related stress in nurses leads to high rates of burnout, compromises patient care, and costs US

h ealthcare organizations billions of dollars annually. Nurses are vulnerable to several related effects of stress, such as burnout, job dissatisfaction, increased interpersonal problems, increased health complaints, disturbances in sleep patterns, as well as clinical depression and anxiety. How we can deal with the stress that nurses endure? It is argued that the self-care is an effective way to increase the resilience of nurse so as to adapt to the fatigues. There is a direct correlation between nurses' personality characteristics (optimism, faith, self-efficacy, control and coping style) and their psychological level of elasticity. Individuals who often deal with conflict in a negative way, tend to have a low resilience.

Cheerful nurses, with self-control ability, better able to work in the face of negative factors, usually have a high level of resilience. We will discuss tools to assist our nursing colleagues help manage and reduce stress levels.



Biography:

Jennifer Shipman, Gardner Webb University, US submitted her abstract on the 7th International conference on medical and nursing education, July 17, 2020, Vienna, Austria.

Recent Publications:

1. Jennifer Shipman; From Screening to Targeted Degradation: Strategies for the Discovery and Optimization of Small Molecule Ligands for PCSK9, 2020

7th International conference on Medical and Nursing education, July 17, 2020, Vienna, Austria

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