Quality of life of nurses from the mobile emergency care service

Abstract

Emergency Care Network and aims to enable immediate response to the health demands of the population. High productivity is required from the nurse, associated with complex tasks to be performed in a short time, due to the care of victims in imminent danger of death. In addition, the adversities resulting from acting in PHC (primary health care), which include emotional tensions, inadequate working conditions, exposure to infections, stress, hard to reach places and violence. These factors may be responsible for situations of psychological, physical and emotional distress, and work-related stress. Such conditions influence negatively the quality of life (QoL) of the health professionals, as the difficulties they face may have stressful effects on the health and the care provided.

Theoretical Orientation: An observational, descriptive, cross-sectional and quantitative study, with data obtained from 123 nurses who answered a questionnaire developed and structured in order to know sociodemographic and clinical variables and with the application of the World Health Organization Quality of Life Instrument Bref, to assess the quality of life. The data were submitted to descriptive statistics and are referential, comparative and correlational.

Findings: Most of the nurses are women, aged between 20 and 40 years old. Most 72% considered their quality of life good or very good and were satisfied or very satisfied with their health 65%. The environment domain was the worst evaluated.

Conclusion & Significance: The knowledge produced by this investigation may support strategies that enable reducing the difficulties of life, QoL and work of nurses of the Mobile Emergency Care Service. Actions in this direction may contribute to the improvement of health and well-being and of the professionals and will have positive effects on the QoL care provided to the population.

Publication

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