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Mental health at work among emergency nursing professionals: a cross-sectional study

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ABSTRACT

Aim: to analyze the prevalence and association of suicidal ideation, predisposition to depression and job satisfaction with sociodemographic, occupational and suicide risk factors among the nursing professionals from the emergency sectors of the regional hospitals in Rio Grande do Norte. **Method:** this is a cross-sectional study with a non-probabilistic sample that intentionally recruited 56 nurses and 91 nursing technicians (n = 147) from the public hospitals of the Network of Attention to Emergencies of the II, IV and VII Regional Units of Public Health of Rio Grande do Norte. Four questionnaires will be used for the interviews. The data will be analyzed in a descriptive, univariate and multivariate manner. **Expected results:** the focus is to identify suicidal ideation, depressive states, and job satisfaction and associated factors. In addition, multivariate models will be generated in order to analyze and graphically observe the clinical and epidemiological significance of the final products and their variables.

Descriptors: Psychiatric Nursing; Emergency Service, Hospital; Occupational Health; Suicidal Ideation; Depression.

PROBLEM SITUATION AND ITS SIGNIFICANCE

In the area of health, nursing is one of the professional classes that comes closest and deals with the suffering, pain and anguish of others, especially those who work in the hospital and emergency situations. This is because the emergency sector is regarded as triggering physical and emotional exhaustion, fatigue, dissatisfaction and stress, even if the environment where it is inserted comprises the joint action of a multiprofessional team, committed to the demands of the process of hard work⁽¹⁾.

In this sense, a pilot project for suicide risk screening, conducted in the Southwest of the USA with 172 physicians and supporting nurses, showed that 74 (43%) of them were classified as high risk and 98 (55%) as moderate risk; 12 (7%) reported current active thoughts and 19 (11%) reported previous suicide attempts. In addition, the study showed self-report of depression in 49 (29%) of these professionals⁽²⁾.

Considering the personal, social and economic impact caused by mental disorders, it is understood that health care organizations need to act jointly and actively in the prevention, early identification, management, control and promotion of mental health of health workers, and that care is implemented in conjunction with the use of medicines, if necessary. In this sense, minimizing the injuries and working the mental health of these workers constitute essential and necessary actions⁽³⁾.

GUIDING QUESTION

What is the prevalence and factors associated with suicidal ideation, depressive states, and

job satisfaction among nursing professionals in emergency care?

GENERAL OBJECTIVE

To analyze the prevalence and association of suicidal ideation, predisposition to depression and satisfaction at work with sociodemographic, occupational variables, and risk factors for suicide among nursing professionals from the emergency sectors of the regional hospitals of Rio Grande do Norte.

SPECIFIC OBJECTIVES

- Describe the sociodemographic, occupational, and suicide risk factors among the study participants;
- Identify the presence of suicidal ideation, depressive states and job satisfaction among the research participants;
- Verify the existence of a correlation between suicidal ideation and sociodemographic variables, occupational factors, risk factors for suicide, depressive states and satisfaction in the work of the professionals who participated in the research;
- Verify the correlation between the depressive states and the sociodemographic, occupational, risk factors for suicide, and job satisfaction.

METHOD

This is a cross-sectional study that will involve a convenience sample of 56 nurses and 91 nursing technicians (n=147) from the public

hospitals of the Emergency Attention Network of the II, IV and VII Regional Public Health Units of Rio Grande do Sul North (URSAP/RN). For the collection of data it was decided to apply four instruments:

- Form of Sociodemographic and occupational characterization, and risk factors for suicide;
- Beck's Depression Inventory;
- Beck's Suicidal Ideation Scale;
- Martins' Job Satisfaction Scale.

The obtained data will be inserted in worksheet of Microsoft Excel® 2016 and conferred by double entrance. The descriptive analysis will be based on absolute and relative frequency, central tendency and dispersion measurements, and the univariate analysis using Pearson's Chi-square test or Fisher's exact test, likelihood ratio, Student's t-test and Mann-Whitney or Kruskal Walliss, depending on the presence of normal variables. Multivariate analysis will be performed by calculating the prevalence ratio and confidence intervals (95% CI). In addition, multivariate models will be generated from the Poisson regression with robust variance. For this purpose, SPSS software version 20 and Package R version 2.7.1 will be used. The level of significance adopted will be 5%.

The proposed research is a Master's dissertation project in Nursing of the Postgraduate Program in Nursing of the Federal University of Rio Grande do Norte (UFRN), which was approved by the Committee of Ethics in Research with Human Beings of UFRN under the Opinion No. 1,877,910 of December 21, 2016 and CAAE 62824216.6.0000.5537.

EXPECTED RESULTS

It seeks to identify suicidal ideation, depressive states and job satisfaction (outcomes) of nursing professionals, as well as to verify the factors associated with these three initial outcomes. In addition, multivariate models will be generated in order to analyze and graphically observe the clinical and epidemiological significance of the final products and their variables. Thus, the results will be disseminated through scientific productions and in plenary at the Center for Permanent Education of the Regional Hospital Dr. Mariano Coelho, respecting the request of the manager of this sector and the clinical directorate of the health establishment.

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All authors participated in the phases of this publication in one or more of the following steps, in according to the recommendations of the International Committee of Medical Journal Editors (ICMJE, 2013): (a) substantial involvement in the planning or preparation of the manuscript or in the collection, analysis or interpretation of data; (b) preparation of the manuscript or conducting critical revision of intellectual content; (c) approval of the version submitted of this manuscript. All authors declare for the appropriate purposes that the responsibilities related to all aspects of the manuscript submitted to OBJN are yours. They ensure that issues related to the accuracy or integrity of any part of the article were properly investigated and resolved. Therefore, they exempt the OBJN of any participation whatsoever in any imbroglios concerning the content under consideration. All authors declare that they have no conflict of interest of financial or personal nature concerning this manuscript which may influence the writing and/or interpretation of the findings. This statement has been digitally signed by all authors as recommended by the ICMJE, whose model is available in http://www.objnursing.uff.br/normas/DUDE_eng_13-06-2013.pdf

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