Critical Care Nursing Students' Stressors and Coping Strategies related to Clinical Practice at Intensive Care and Emergency units

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Abstract:

Stressors arisen from clinical practice have been well documented. Critical care nursing students perceived a high stress level when dealing with critically ill patients who characterized by presence of actual and/or potential life threatening health problems. Nursing students managed the negative effect of stress by utilizing coping strategies. .Aim: The study conducted to identify critical care nursing students' stressors and coping strategies related to clinical practice at intensive care and emergency units. Methodology: a descriptive correlational design was conducted in Faculty of Nursing, Assiut University, Assiut City. Critical care nursing students (n= 128) were asked to fill in the study tools which include nursing students' characteristics, Perceived Stress Scale (PPS), and Coping Behavior Inventory (CBI) scale. Results: The main results yielded by findings indicated that most perceived stress among nurse students was related to assignments and workload (3.4+ 0.7) followed by stress related to ICU clinical environment (3.2+ 0.9). The most frequent used and effective coped strategies were related to problem solving (2.4 + 0.7) and (2.4 + 0.8) respectively. Recommendation: study the effect of stress management techniques on stress level among nursing students.

Keywords:

Critical care, stressors, coping strategies, clinical practice, intensive care

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