Occupational stressors among nurses
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Abstract

Introduction: Nowadays, occupational stress is one of the most important occupational risk factors that can cause a decrease in production and bring about work absence, human resources shift, job dissatisfaction and high health costs among the staffs. American National Occupational Safely Association has reported nursing as the first among other 40 stressful occupations. There are numerous occupational stressors in nursing occupation. The present article has targeted at defining the of nursing stressors among nurses.

Methods: This study is a review article that has been done to base on collected data from internet sources and published research related to the topic.

Results: The studies indicates the most common source of nursing stress was high work load, lack of income, followed by death and dying, uncertainty about treatment, conflict with physicians and nurses, working on holidays, unacceptability of the profession in the society and disturbance of sleep and relaxation.

Conclusion: since stress among nurses is potentially harmful and influences their physical and mental abilities and reduces the effectiveness of the services they offer, therefore capable of control job stress factors to propose to carry on stress management workshops to remember promotion nursing skills in stress management, to make available units equipments, continuous instruction and professional supports.