

Short Communication

Psychosocial Risk Assessment: Mental Burden in Nursing

Zoraida Clavijo Chamorro*

Department of Health Sciences, University of Jaén, Spain

***Corresponding author**

Zoraida Clavijo Chamorro, Department of Health Sciences, University of Jaén, Technical Superior in prevention of risks labour, Jaén, España, Spain, Tel: 68-77626-79; Email: zoraidacc@hotmail.com

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Abstract

There are numerous psychosocial factors that influence the daily practice of nursing professionals. In order to understand these factors in depth and thus be able to act on them, this communication, which is part of a broader qualitative study, focuses on the study of the mental load at work in nursing health centers, using a structured interview and Discourse analysis to obtain results; The professionals explained that it is a factor that affects them and their work unfavorably, and all this is attributed to the mismanagement and disposition of time and its prioritization.

Keywords

- Nursing
- Mental burden
- Risk factors; Opinions
- Nursing practice
- Assessment

ABBREVIATIONS

INSHT: National Institute of Occupational Safety and Health

INTRODUCTION

Nursing professionals, usually complain of working conditions that present times in your day to day health centers. Normally, all of them can include in psychosocial factors, such as: the mental load, interest in worker, the autonomy, the content of the work, the supervision-participation, and the definition of the role [1-7].

For the evaluation of all these factors, there is a tool, a questionnaire (application computer for the prevention called method of evaluation of them factors psychosocial developed by the INSHT), in which is assigns a value numerical to each item based on some descriptions of each factor of the questionnaire, and of which, is Gets a profile evaluative of each condition to evaluate [8,9].

The objective is to see in a general way, how the mental burden affects the nursing professionals in their daily work, what psychosocial factors trigger them to plan preventive recommendations.

MATERIALS AND METHODS

This work is part of a study qualitative that did in the year 2009 as practice in my obtaining of the title of technical Superior in prevention of risks labour (specialty of ergonomics and psychosociology applied), in which got the information through interviews structured that did to nurses that I knew to the random (as me them was finding), using the questionnaire of the INSHT as method of evaluation of them factors psychosocial [8,9]. He total of nurses interviewed was of 15, them me were counting their opinions to the with regard to each condition, until got the saturation of the information on the evaluation of them factors psychosocial of the since of work of nursing.

The Professional (because they were all women), gave their consent to participate in the study, and to me I promised not to disclose your personal data.

The search of the literature adjacent was collected from the databases: SciELO, CSIC, MEDLINE / PubMed, Scopus and ScienceDirect. Some of the descriptors used were as follows: nursing, mental burden, risk factors, opinions.

The analysis of them replies it took to out through analysis of the speech qualitative, in which summarize and expose them answers of them nurses.

RESULTS AND DISCUSSION

The valuation of this construct (mental load) as a result of the responses of the nurses was "unfavourable".

According to the speeches of the nurses in this job have pressure, specifically at the time, there were for them marked for activities times as taking vital signs and give medication (daily activities), at all times other tasks that never fail to end the previous ones, and vice versa, as high, changes of medication or emergencies arise. They said to be against the clock.

For them the exercise of the profession had no estimated time and produced them mental load. For example, explained that an activity can vary its time of action between 10 minutes and an hour (put one intravenous).

The only item of the questionnaire that was obtained as unfavourable was the mental load. This us offers information on those factors in which there is that working to prevent those situations.

As recommendation, there is that avoid the feeling of urgency constant in them professional of nursing, programming the time of work, marking ones objectives and priorities with regard to activities of nursing is refers, trying to restructure properly the allocation of tasks between companions of work, for distribute

them balanced and productively. Offering professional knowledge of prioritization and relaxation.

CONCLUSION

The mental burden is the only psychosocial factor that is completely unfavorable for nurses, they have not described any positive aspects on this aspect of the psychosocial risk assessment questionnaire / interview.

For nursing professionals, the strongest trigger of this mental fatigue discomfort is due to "time", not having a good organization of it, and the pressure that all this exerts on the labor demands

that arise in the day to day Of the nurses of any health center. They need techniques to relax, distribute tasks and determine the priority activities, while continuing to do what is planned each day, but which may have longer waiting times than the staff believes, to be able to dedicate it to the primordial.

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