

Stress in Nursing

Stress in Nursing

As nurses go about their duty caring for patients, they often encounter both cultural and ethical dilemmas. The cultural and ethical issues can be in so many forms in that, the issues may be from a patient's refusal of treatments or discomfort with treatment based on personal or cultural ideologies. In other situations, the dilemmas might come from situations where the patients and their families need to make fatal or crucial decisions regarding the patient's health status. In such situations, the nurses are required to provide quality healthcare but also ensure that they adhere to the nurse's code of ethics. This article cites scholarly resources that aim to evaluate ethical and cultural issues related to stress in nursing.

A study conducted by Fridh (2014) aimed to illustrate the science regarding matters in end-of-life care which has a significant impact on nurses working in the intensive care units who are expected to provide quality nursing care for the dying patients as well as their families. The researcher highlighted that ethical challenges come about when nurses have to transition from cure to comfort care. The researcher also pointed out that the ethical challenges experienced by the nurses are related to organ donation, changed sedation practices, and cultural sensitivity (Fridh, 2014). What makes the source credible is that it is available in PubMed which is a reputable database. The article will be useful in addressing the issue because when it comes to taking care of patients on their deathbeds, nurses encounter numerous cultural and ethical dilemmas. This is because they now have to switch from cure to comfort care and it's so easy to cross ethical boundaries in search situations.

A study was done by Davidson et al., (2018) that aimed at developing a framework to enable debate, discussion and the invention of interventions to highlight ethical problems in nursing. The researcher pointed out that nurses encounter a range of dilemmas while at work

hence necessitating a thorough investigation into the culture of organizations and healthcare systems to recognize the causes and address the enablers and barriers of ethical practice. The researcher pointed out that the main contributors to the complexity are cost and efficiency reduction, the medicalization of health care, the ageing population and pressure for systemization (Davidson et al., 2018). According to the researchers, ethical issues in nursing are considered within the philosophical and abstract realm until a dilemma is encountered. The approach limits the ability to tangibly embrace ethical frameworks and values as pathways to accessible, equitable, quality and safe healthcare. It also makes it hard to strengthen an enabling and supportive workplace for nurses (Davidson et al., 2018). The source is reliable since it has been posted in PubMed which is a reputable database. The article will be useful because it addresses the root cause of the ethical issues in nursing that result in stress.

According to Jansen et al (2022), there is rising public criticism of the use of coercion or restraints. Demands for reinforced patient prevention and participation of coercive measures in mental health care have become a priority. The researcher talks about how violent patients in mental hospitals could get towards nurses. These develop moral dilemmas and doubts regarding how much nurses should endure on their patient's behalf as well as on themselves and may expose the nurses and patients to a higher risk of violence (Jansen et al., 2022). The article is useful because it gives real-life examples of the ethical challenges that nurses face which cause stress on the nurses since they are faced with danger but still have to uphold the ethical and cultural values governing nurses.

In conclusion, nurses are faced with numerous cultural and ethical issues when on duty. These issues can be stressful most of the time. The article analyses studies conducted by other researchers regarding the matter and points out specific matters that may lead to cultural and

ethical dilemmas. The sources discussed are credible because they are obtained from PubMed which is reputable database.

References

- Davidson, P., Rushton, C. H., Kurtz, M., Wise, B., Jackson, D., Beaman, A., & Broome, M. (2018). A social-ecological framework: A model for addressing ethical practice in nursing. *Journal of clinical nursing*, 27(5-6), e1233–e1241. <https://doi.org/10.1111/jocn.14158>
- Fridh I. (2014). Caring for the dying patient in the ICU--the past, the present and the future. *Intensive & critical care nursing*, 30(6), 306–311. <https://doi.org/10.1016/j.iccn.2014.07.004>
- Jansen, T. L., Danbolt, L. J., Hanssen, I., & Hem, M. H. (2022). How may cultural and political ideals cause moral distress in acute psychiatry? A qualitative study. *BMC psychiatry*, 22(1), 212. <https://doi.org/10.1186/s12888-022-03832-3>