



# STRESS AND HEALTH ISSUES OF NURSING OFFICERS

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## Abstract

### Background

Nursing services has been identified as an occupation that has high levels of stress and burnout. Stress brought about hazardous impacts not only on nurses' health but also on their abilities to cope with job and family demands .Evidence suggests that behavioral, social, economical and environmental factors may modify the effects of life stress on health performance of nurses as their roles to healthcare units.

### Objectives

The aim of this study was to describe the methods of a project designed to investigate the role of social, behavioral, and environmental factors that modifying the adverse effects of stress on nursing officers and to discuss physical, mental, economical and social status of nursing officers.

### Methods

A cohort study design was used to conduct a assessment of health, job stress, behaviors, personal traits, social factors, indicators of engagement and performance, and environmental exposures in family hospital care. Adjusted odds ratios and analyses of covariance were used to examine associations between these factors at baseline.

### Results

Exposure to more lifetime stressors was associated with greater risk for various health conditions, including hypertension, diabetes, and depression. Conversely, better social, environmental, behavioral, and personal modifications were associated with protective factors for improving health conditions.

### Discussion

The findings are timely, as the nursing profession to care for a population. Comprehensively assessing stress–health relationships among nursing officers brought to inform the policies, practices of nursing care to better prepare nurses to move healthcare environment.

**References:**

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