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Resilience and professional quality of life of nurse in Tertiary Hospitals, the People's Republic of China

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Statement of the Problem: Resilience is prominent to assists nurses to develop skills that will aid them in being more resilient to bounce back and to cope in the face of adversity, sustaining them through difficult and challenging working environments. Professional quality of life (ProQOL) of nurses is a significant issue that has an effect on nurses' retention and job satisfaction. There was no study found on nurse's ProQOL or resilience in autonomous prefecture hospitals in Yunnan, especially the relationship between them in the southwest area in China has not been explored.

Orientation: To describe the resilience and professional quality of life which include compassion satisfaction, burnout and compassion fatigue, and to examine the relationship between resilience and each dimension of ProQOL of nurses in tertiary hospitals, the People's Republic of China.

Findings: The resilience mean score of the nurses was 64.43 (SD = 11.56). The mean score of each dimension of ProQOL include compassion satisfaction ($X^- = 31.83$, SD = 7.01), burnout ($X^- = 25.82$, SD = 5.28), and compassion fatigue ($X^- = 26.33$, SD = 5.03) of the nurses were at average level.

There was a moderately positive relationship between resilience and compassion satisfaction, a moderately negative relationship between resilience and burnout, and a weakly negative relationship between resilience and compassion fatigue.

Conclusion & Significance: The baseline information for hospital nurses and nurse administrators to develop strategies for improving resilience and ProQOL among nurses. Also provide primary data for further intervention research to improve nurses' ProQOL by increasing nurses' resilience and improve ProQOL as well.

Recent publications

1. L Zhou, T Akkadechanunt, O Wichaikhum. Resilience and Professional Quality of Life of Nurses in Tertiary Hospitals, The People's Republic of China. Nursing Journal CMU 2022 December 17;49(4). Available from: <https://he02.tci-thaijo.org/index.php/cmunursing/article/view/260392>

Biography

Zhou Li is a Geriatric specialist nurse, obtained the qualification of a supervisor nurse who have been engaged in nursing work for more than ten years, as well got master degree during the working period. With strong sense of responsibility and collective honor; expertise, her hardworking, proactive and careful in doing everything, familiar with clinical nursing for common diseases, frequently-occurring diseases, and intensive care patients in internal medicine. she has rich experience in specialized clinical nursing, good at clinical teaching. Now she is committed to strengthening scientific research ability.

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