



Article

Impact of Nurses Quality of Life to Improve the Quality of Care Provided to Patients

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Abstract: This study aims to evaluate the impact of nurses' quality of life on the quality of care provided to patients in hospitals. The research method involved a questionnaire completed by 60 male and female nurses with varying levels of experience and work locations. The questionnaire included demographic information as well as questions about the nurses' daily quality of life. The results revealed variations in responses regarding factors affecting nurses' quality of life, including social, economic, and working conditions. Statistical analysis indicated that better quality of life is positively correlated with improved nurse performance in delivering healthcare to patients.

Keywords: Nursing, Nurses, QOL, Quality Care, Patient.

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1. Introduction

Nurses are considered the backbone of healthcare in hospitals and workers that have important influence in treatment [1] According to WHO estimates, there are over 27 million nurses globally, making about 50% of all health professionals. By 2030, this number is expected to rise by 9 million [2]. The stressful and complicated nature of nursing, which is typified by specialisation, complexity, and the necessity for emergency management, has been the subject of research for many years [3]. Studies have indicated a clear correlation between job satisfaction and quality of work-life (QWL); nevertheless, there is an inverse link with job turnover.

Consequently, QWL is critical to health care professionals' commitment to organisational change [4,5]. In reaction to current events or other care situations, such as natural catastrophes as well as management concerns, health managers, particularly hospital administrators, must take the required steps to alter the model and contents of academic instruction. Unquestionably, despite the successful actions done by health managers, especially hospital managers, to balance the workload of nurses, hire new employees, and offer appropriate facilities and incentives, assessing the workload and quality of life of nurses is crucial. [6]. QWL includes workplace procedures and tactics that support workers' overall job satisfaction, which depends on good working conditions and organisational effectiveness. Therefore, it is critical to prioritise workers' abilities, performance, and physical and mental health in order to maximise organisational effectiveness [7, 8]. [9] Walton's QWL questionnaire revealed that social relevance of work life, safety and health in working conditions, work and total living space, career opportunities and job security, career opportunities and constitutionalism in the

organisation of work, opportunity to use and develop human capabilities, and social integration in the organisation are all important factors. Nurses have been caring for patients in emergency rooms, intensive care units, and wards of hospitals for over three years, despite the fact that the severity of COVID-19 is progressively lessening. [10].

2. Materials and Methods

The study employed a questionnaire to collect data from 60 nurses. The questionnaire was designed to gather demographic information, including gender, age, years of experience, educational attainment, and working hours. The questionnaire also included a survey component focusing on the quality of the nurses' daily lives. The responses were then analyzed using statistical methods, which included the calculation of frequency, percentage, mean scores, and significance. This approach was aimed at understanding how various factors, such as pain, exposure to workplace hazards, and psychological pressures, impact the quality of life of nurses and, subsequently, their performance in providing patient care. The study highlights the importance of these factors in ensuring high-quality healthcare delivery in hospitals.

3. Results

One of the priorities of the administrations of hospitals or health centers where nurses work is to organize nurses' affairs in a way that ensures the best quality of life due to the pressures of work they are exposed to, especially with the emergence of epidemics or health emergencies in communities in a way that requires control and providing the best levels of health care to patients. The demographic results of the study participants show that they are from different age groups and differ in years of experience and educational level, in addition to differences in work places, Table (1). The results of Table (2) show the variation in response to the questionnaire factors that affect the nurse's quality of life, whether social, economic, or working conditions.

Questionnaire	F	%
Gender		
male	8	13%
female	52	87%
Age		
20-30	25	43%
31-40	15	25%
41-50	13	21%
> 50	6	10%
Education level		
MSc	4	6%
BSc	19	31%
Diploma	19	31%
Nursing school	18	30%
Years of experience		
1-10	28	46%
11-20	22	36%
>30	10	16%
Shift work		
morning	46	77%
afternoon	14	23%

Table(2). Questions Regarding Nurses QOL Assessment

No	Questionnaire	Very much		Not at all		Somewhat		MS	S
		F	%	F	%	F	%		
1	Do you suffer from pain during your work?	28	46%	8	13%	24	40%	1.93	NS
2	Does pain prevent you from doing your work?	2	3%	28	46%	30	50%	2.47	S
3	Are you exposed to radiation risks in your workplace?	7	11%	30	50%	23	38%	2.27	S
4	Is ventilation adequate in the workplace?	15	25%	13	21%	32	53%	2.28	S
5	Is the temperature and cold appropriate in your workplace?	26	43%	5	8%	29	53%	2.05	S
6	Is there an appropriate environment to protect nurses from the risk of infection in health institutions?	20	33%	13	21%	27	43%	2.12	S
7	Are adequate instructions available regarding prevention and self-protection from infectious diseases?	28	46%	4	6%	28	46%	2.00	S
8	Is there administrative oversight that requires nurses to adhere to personal protective equipment?	41	68%	5	8%	14	23%	1.55	NS
9	Are there adequate security and safety in health institutions	29	48%	7	11%	24	40%	1.92	NS
10	Does psychological pressure affect the efficiency of your performance during work?	20	33%	18	30%	22	36%	2.03	S
11	Do you feel that your work your work problems are affecting your personal life?	14	23%	21	35%	25	41%	2.18	S
12	Are you consulted in the decision-making process in your department?	22	36%	15	25%	23	38%	2.02	S
13	Have you received adequate training to perform the job better?	35	58%	5	8%	20	33%	1.75	NS
14	Are you satisfied with your salary?	4	6%	30	50%	26	43%	2.37	S
15	Do you like your work?	24	40%	4	6%	32	53%	2.13	S
Total mean of score								2.08	S

F = Frequency
 % = Percentage
 MS = Mean of score
 S = Significance

4. Discussion

According to a study, nurses who perceive their quality of work life (QWL) to be poorer are those who have higher workload scores. In order to enhance nurses' QWL, they must be able to meet the physical and mental demands of their workload and enhance their overall performance. They also say that in addition to encouraging QWL, considerations for work and living spaces should be made, as well as appropriate and equitable recompense. Additionally, they recommend that hospital administrators work harder to enhance and advance nurses' QWL [11]. [12] came to the conclusion that all non-nursing tasks (clerical work, general administrative labour, and activity isolating nurses from patients) had a negative significant effect. only full-time nursing duties, Transfer, recommendations, Patient transportation, general housekeeping (including picking up and returning meal trays) and maintenance (including electric and plumbing), receiving

linens and arranging and carrying out auxiliary services ordering as well as other tasks like delivering prescription drugs or setting up an ambulance. Long stays with patients and the hospital environment have been shown by Jang et al. (2014) to raise the physical and psychological strain on nurses and lower their quality of life [13]. In regards to sleeping, [14] discovered that more aggressively carried out treatments to promote sleep appropriate for different sleep types would enhance the quality of life for clinical nurses. Additionally, nurses who are providing patient care need to get enough sleep. [15] in order to be role models for society, nurses should also take good care of their own health by embracing the appropriate lifestyle choices and health-promoting behaviours [16]. Undoubtedly, the job that nurses undertake, inadequate supervision, collaboration, and the patient-family interaction all have an impact on their quality of life [17]. In their line of work, nurses are exposed to risk factors that represent a health risk, including infectious illnesses, biologically harmful and carcinogenic chemicals, and shift work. Additionally, nurses are invariably under a lot of stress, which can have a bad impact on their health. [18,19,20,21,22,23,24,25,26,27,28].

5. Conclusion

The study demonstrates that the quality of life (QOL) of nurses has a significant impact on their performance in providing patient care. Various factors, such as pain experienced during work, exposure to workplace hazards, environmental conditions, psychological stress, and levels of job satisfaction, including salary, all contribute to the overall quality of life of nurses. These findings highlight the importance of hospital management paying close attention to and improving the working conditions of nurses, as a good quality of life is essential for ensuring high-quality patient care. Furthermore, the study emphasizes the need for adequate training and strong administrative support to help nurses manage the challenges they face in their work environment. Therefore, enhancing the quality of life for nurses will not only improve their well-being but also positively impact the overall healthcare services provided to the community.

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