

14th World Congress on
PSYCHIATRIC & MENTAL HEALTH NURSING
&
5th World Congress on
MENTAL HEALTH AND WELLBEING
July 25-26, 2018 | Vancouver, Canada

Challenges in nursing: The psychological needs of rural area nurses in Mpumalanga, South Africa

Bongekile C Dlamini and Maretha Visser
Weskoppies Psychiatric Hospital, South Africa
University of Pretoria, South Africa

Primary health care nurses play an important role as the first and often the only contact providing primary health care services in rural disadvantaged communities. However, in spite of high levels of stress, physical exhaustion and traumatic experiences, there is a lack of support services for nurses. This is especially true in rural areas where, in comparison with their counterparts in urban areas, little attention has been given to the working conditions of these nurses. The purpose of the research was to explore the challenges and psychological needs of nurses working in a rural community hospital in South Africa and to identify support services available to them. Three focus group discussions were held with a sample of 30 nurses who work with patients in a rural hospital that provides tertiary care as well as primary health care at clinics located at the hospital. Thematic analysis revealed five themes that negatively influence their psychological wellbeing: lack of workplace resources, high workload, traumatic experiences, limited support from management and no access to psychological support services. The results of the study can contribute to the development of psychological support services for alleviating emotional distress in the rural nursing community. It is recommended that psychological services such as trauma counseling, individual therapy and group support be provided in rural hospitals to enhance the psychological wellbeing of nurses and the quality of services they provide to patients.

clemzadlamini@yahoo.com