

World Summit on

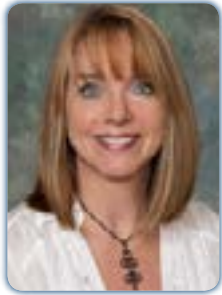
Psychiatry, Mental Health Nursing and Healthcare

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The personal loss in nursing and the transition back to bedside practice

Background: Nurses are tasked with vigilantly monitoring patients in dynamic and fluid situations within a framework of compassionate care. Yet, few studies have focused on nurses caring for patients using the skills, judgment and emotional stability inherent to the profession when one has sustained a personal loss.

Purpose: The aim of this study was (a) to illuminate how nurses negotiate their roles as a person who is grieving and one who is a compassionate caregiver and (b) to explore strategies that facilitated or hindered optimal functioning during their time of transition back into the workforce.

Methods: A phenomenological qualitative design using thematic analysis was used to analyze and interpret the participants' experiences.

Results: Eight themes were extracted which provided a rich diffusion of data exemplified by patterns of role confusion, lack of preparation despite experience, stratified grief, coping mechanisms, spiritual connectedness, making meaning, creating a new normal and compassion in nursing.

Implications: This study emphasizes the needs to foster nurses' psychological health through education and strategic policies during times of transition. Using this theoretical framework may extend to examining other transitions within the nursing practice to create insight as nurses adapt to new situations.

Biography

Debra Coleman 22 years in healthcare, she has practiced in a variety of settings ranging from medical-surgical to critical care. With a passion to learn, she has moved through the continuum of education and obtained her PhD in nursing in December 2016 from Azusa Pacific University. Her focus of research is on the transition process of nurses who sustained a personal loss and returned to bedside care. While most of the literature examines grief from the perspective of tending to the needs of their patients, her research begins to fill the gap of knowledge that exists to support nurses tasked with vigilantly monitoring patients within the framework of compassion while in personal grief. She has spoken at both local and international conferences to highlight the needs of nurses in grief. She currently holds a full-time faculty position at California Baptist University and is currently working on a book that captures her own grief experience.

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