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## ANALYZING THE MENTAL HEALTH OF NURSES IN SPECIAL CARE UNITS

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### Abstract

**Objective:** nursing is considered as an occupation that needed simultaneous access to knowledge of a day and performing hard and overwhelming professional duties. Nurses specially the groups who work in special units are subject to be in danger of mental health for reason of work's stress nature.

**Methods:** this study is based on descriptive-analytical method; it was done incross-sectional formover 52 employed nurses in special units of Chabahar's Imam Ali Hospital in 2016. Data were collected by using GHQ standard questionnaire through census method and it was analyzed by using Spssnumber 19 software and by applyingdescriptive statistical tests, Pearson's correlation anova, t.test.

**Findings:** the results showed that 82.7 percent of them were women and 67.3 percent of them were married. 90.4 percent of them worked in cycling shift and 9.6 percent of them worked infixed shift as well. The average of nurses' record of service was  $1.94 \pm 55.2$  months. The average score of mental health in nurseswas  $1.66 \pm 38.6$ . There was significant relationship between the kind of nurses' shift with mental health's score ( $p=0.0001$ ) so that the nurses with fixed shift have better mental health.

**Conclusion:** Given to the result it was revealed that nurses' health is on debatable scope and nurses who work with fixed shifts are in better mental health conditions. Regarding to the role of nurses in health and treatment system and their more prominent role in special units, it can take step mentally to improve their mental health and paying attention to their mental health by creating safety work space.

**Key words:** mental health, nurses, Intensive Care Unit (ICU).

## **Introduction:**

Activity and mobility and vitality is sign of healthy human, and mental health is necessary for maintenance and durability of social, professional, educational performance of society's members (1). Mental health is one the factors for analyzing health in different societies. Undoubtedly, mental health plays an important role in guarantee of dynamism and efficiency of every society's people (2, 3). Mental health includes a complex of factors that play an important role to prevent the creation or development of process of deterioration of cognitive, emotional and behavioral disorders in human and its main objective is to prevent the occurrence of diseases, and prevention in its broad meaning includes providing factors that are complementary for healthy and nature life. Along with treatment of minor disorders, behavior is to prevent the occurrence of severe diseases (4). Paying attention to mental health in all aspects of life such as personal, social and occupational life is important and is debatable. One of the areas where the attention to mental health is important is job and occupation. Since the human known himself, he has been tried and worked and occupy to work forms the major part of human life. Among different professional group, the staff of health sector specially those who are working in hospital environment, experience much more job's stress (5,6).

There are several occupational stressful factors in nursing job (7) such as shift problem, workload, conflict with colleagues, frequent contact with pain and death of patients and unknown professional duties. Nursing can causes unsolvable challenges or occupational pressures because it includes several stressful sources, that the major part of these stresses can stem from interpersonal relationship or issues related to administrative system (8,9). Kavano declared in the result of his research that the physical and mental health of nurses has impact on the quality of nursing care and satisfaction of patient and given to the result of Vidalber's study about tiredness, anxiety and depression among nurses in different sectors he declared that it is necessary to protect and to improve their physical and mental health (10-13). Given to the importance of mental health in nurses, therefore this study has been done with the aim to investigate mental health of nurses in special care units.

## **Procedures and methods:**

This study is based on descriptive-analytical method; it was done in cross-sectional form over 52 employed nurses in special units of Chabahar's Imam Ali Hospital in 2016. Data were collected by using GHQ standard questionnaire through census method. This questionnaire is one of the most reliable tools for assessing public health. These tools have

28 questions in 4 areas. Each area has 7 questions which the important aspect of people's mental health from physical disorders to mental disorders is analyzed by it. Scoring for each of the items was done based on the Likert's three degrees scale, which was designed from 0-3. Scores range was between 0-84. The scores of this part were classified in 4 levels of natural (0-22), weak disorders (23-40), medium disorders (41-60) and severe disorders (61-84). A considerable thing about the interpretation of the scores of this tool is to pay attention to this point that obtaining high scores indicate less mental health and subsequently more disorders in every of mental health aspect. But lower scores indicate higher level of mental health of people. This tool was used in Iran and other countries and reliability of it was confirmed. Data were collected by using Spss number 19 software and by applying descriptive statistical tests, Pearson's correlation anova, t.test.

### **Findings:**

The results showed that 82.7 percent of them were women and 67.3 percent of them were married. 90.4 percent of them worked in cycling shift and 9.6 percent of them worked infixed shift as well. The average of nurses' record of service was  $1.94 \pm 55.2$  months. The average score of mental health in nurses was  $1.66 \pm 38.6$ . There was significant relationship between the kind of nurses' shift with mental health's score ( $p=0.0001$ ) so that the nurses with fixed shift have better mental health.

### **Discussion:**

The result of present study showed that nurses are suffering from weak mental disorders. In the findings of study was done by Musarezaai et al (14) the average score of nurses' mental health was higher than the study done by Calnan et al. in England (15). In study of Sahebi et al. as well as in study of Stanley et al. the nurses who worked in special units, more than half of them had symptoms of mental disorders (16, 17). But in study of Menati et al. the majority of nurses were in appropriate level in terms of mental health so that nearly 46 percent of nurses have reported the good mental health "good" and "very good" and about 54 percent suffered from mental disorders (18, 19). The results of mental disorders in nurses are serious because it can leads to reduce the quality and quantity of nursing care received by patients (20).

Nurses in reason of their job nature are subject to several stresses such as long and continuous relation with unwell and dying patients, excellent responsibility, excessive job's requests from patient and his family, lack of accessing welfare facilities exists in society, fast progresses of technology, facing with the truth of death etc. These stresses provide the situation to contract mental disorders such as irritability, anxiety, depression, hopelessness and fatigue (21). Job's

pressure, low cooperation of personnel in decisions making, low social support, high social mental requests, inconsistency between effort and receiving reward, and high job insecurity also causes mental disorders (22, 23). If these disorders not be taken serious and not a solution to be considered to solve it, it will cause serious problems for hospital and nurses. For example, the results of Gartner et al. study showed that there is a relationship between mental prevalent disorders of nurses and general errors, medication errors, errors near to occur, patient safety and satisfaction of patient that it endorse on preventive actions and help to improve health and work performance in staffs of health care (24). Therefore, it is suggested that the serous solutions to be considered.

**Conclusion:** Given to the result it was revealed that nurses' health is on debatable scope and nurses who work with fixed shifts are in better mental health conditions. Regarding to the role of nurses in health and treatment system and their more prominent role in special units, it can take step mentally to improve their mental health and paying attention to their mental health by creating safety work space.

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