

Poster presentation

## The stressors of nurses working in emergency units

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### Background

The comparison of stresses between nurses and dentists depicts that nurses more than other professions are prone to stress and the rate of suicide in female nurses 5-6 times and in male nurses 2-3 times more than general population. Researches also shows that neurotic disorders like drug abuse and depression is more common in nurses. This study aimed to determine stressors of nurses working in emergency units.

### Materials and methods

All of nurses working in emergency units of hospitals of Ardabil medical sciences university (n=49) chosen for sample. The means of data collecting was questionnaire. Descriptive statistics used for data analysis.

### Results

This study showed that the shortage and unavailability of necessary equipment (67.34%), patient's suffering (57%), patient's family interference with nursing care (53.06%), shortage of nurses, unavailability of physicians in emergency situations, (51.12%) and working without adequate rest (42.17%) were the most important stressors of nurses working in emergency units.

### Conclusions

In the sum, we can say that the most important stressors are the shortage and unavailability of necessary equipments. This is a management related factor so nursing managers can help to promote the nursing care quality using environmental changes.