

Subjective Workload, Work Environment and Job Satisfaction of Anaesthesia and Intensive Care Nurses

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Abstract

Nurses working in anaesthesia and intensive care units are faced with changing workloads and constant duties, as well as constant patient monitoring.

Keywords: Intensive Care Units, Workload, Environment, Job Satisfaction, Nurse Anesthetists

Introduction

Nurses working in anaesthesia and intensive care units are faced with changing workloads and constant duties, as well as constant patient monitoring. Therefore, due to its characteristics and working conditions, the anaesthesia and intensive care unit is considered to be a place where nurses are at high risk of psychological distress and increased workload. These factors can have a negative impact on nurses' job satisfaction and have negative consequences for patient care and quality of care.

Aim

To analyse the workload, environment and job satisfaction of anaesthesia and intensive care nurses.

Materials and Methods

A systematic review of the literature by keyword. Analysis of the most recent literature for 2020-2024, in English. Seven literature sources were selected and analyzed using Wiley Online Library, PubMed databases.

Results

Studies performed show that the mental and physical workload of anaesthesia and intensive care nurses influence each other, and that as physical workload increases, mental workload also increases. A work environment with inadequate human and organizational resources increases workload. High workload is associated with an increased risk of nosocomial infections in ICU patients and patient-centered outcomes, and has a negative

impact on nurses' perceived overall assessment of patient safety. It has been found that nurses are at greater risk of job dissatisfaction when dealing with critical patients and life-and-death issues. When nurses lack time to perform patient-related activities, stress increases and job satisfaction decreases [1-7].

Conclusions

High workload and an unfavorable work environment for anaesthesia and intensive care nurses are significantly associated with nurses' job satisfaction and patient safety in the department. Appropriate management of nursing workload can help to reduce adverse events and risks associated with the care provided by nurses.

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