

EXAMINING THE PSYCHOLOGICAL PROBLEMS EXPERIENCED BY OPERATING ROOM NURSES

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ABSTRACT

Nursing can be a profession that can be at the center of the field of health and affect people's quality of life in every aspect. In addition to the fact that nurses, whose main purpose is to provide care, serve in an area with a high margin of error, the conditions of the environment in which they work can also affect nurses' perspectives on the profession and can be effective in increasing or decreasing the margin of error in the nursing profession. In particular, operating room nurses have to work overtime due to the area they work and the surgeries they perform, suffer from insomnia, irregular and heavy working conditions, care for patients suffering from fatigue, pain and distress, time pressure, communication problems with the team, shift working conditions, working environment, under stress. They may encounter factors that negatively affect their quality of life, such as working in a closed environment and working in the same position. These factors mentioned are; It can negatively affect the working life of operating room nurses and cause them to experience psychological problems. Therefore, in this study, it was aimed to examine the psychological problems experienced by operating room nurses.

INTRODUCTION

Nursing can be defined as a profession that can be at the center of the health field and can affect the quality of life of individuals in every aspect. It can be a special nursing field that can meet the care and needs of both pre- and post-operative patients, where surgery and other interventions are applied in line with the standards set for the operating room and the physical and psychological needs of the patient (Kaymakçı, 2015). The operating room environment can be a risky and stressful environment where a wide variety of surgical techniques can be applied, advanced technology operating room instruments can be used, and the right decisions can be taken quickly (Yıldız, 2009). It can cause psychological problems (İnceseli, 2005; Özdemir, Yılmaz, & İnanır, 2011). As a result of a research on this subject; It has been revealed that due to the high workload of the operating room nurses and the conditions of the operating room environment, they experience stress, anxiety, burnout, decreased job satisfaction and sleep problems, and their social lives are adversely affected due to these problems (Özbayır, 2009). In addition, they may face factors that negatively affect their quality of life, such as overtime, insomnia, irregular and heavy working conditions, fatigue, caring for distressed and stressed patients, working in a closed environment, working in the same environment. (Alkan and Ayar, 2017). In addition, communication problems within the team can negatively affect the occupational satisfaction and work motivation of the operating room nurses (İnce, 2014). Therefore, in this study, it was aimed to examine the psychological problems experienced by operating room nurses.

OPERATING ROOM ENVIRONMENT

Although operating room environments can be defined as specialized service units aiming at the recovery of patients by surgery, operating rooms where surgical interventions for diagnosis and treatment are performed; There may be isolated areas from other units in hospitals (Morgül, 2016). Operating room environments can be both stressful and risky environments where surgical applications can be performed, as well as very different surgical techniques can be applied, high-tech tools and equipment can be used, and it is important to make the right decisions quickly (Aydın, Kaya ve Yılmaz, 2021) due to the fact that they contain many risk factors. In addition to being dynamic and exciting environments that require many professional skills such as knowledge, experience, communication and time management, they are also accepted as environments that may require technical knowledge (Öğün and Çuhruk, 2021). At the same time, operating room environments; Hospitals are considered to be among the application areas where occupational stress is high due to factors such as being able to compete with time and being in a closed environment for a long time (Yoosefian, Charkhat, Rezvani, & Shahrakipoor, 2015).

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operating room nursing; Within the framework of the standards set for the operating room, surgery and other interventions can be applied in line with the physical and psychological needs of the patients, who can meet the care and needs of the patients both before and during the operation and after the operation, and who can be the person primarily responsible for the safety of the patients, have both the necessary knowledge and It can also be defined as a special nursing field that has the skills to manage the operating room environment (Kaymakçı, 2015).

The American Nurses Association (ANA) is; He defines operating room nursing as "a professional nurse who determines, gives care and coordinates care by using the nursing process in order to meet the identified psychological, physiological, socio-cultural and spiritual needs of patients whose potential protective reflexes and self-care power are compromised due to surgery" (Kanan, 2011).

PSYCHOLOGICAL PROBLEMS EXPERIENCED BY OPERATING ROOM NURSE

Operating rooms are considered to be among the application areas where occupational stress is high and job satisfaction is low due to factors such as the critical importance of hospitals, rapid movement, medical disputes, use of complex equipment and being in a closed environment for a long time, and these factors are also on the operating room nurses. may cause them to feel pressure (Yoosefian, Charkhat, Rezvani, & Shahrakipoor, 2015). Şahin, (1999); Due to the high stress level of the profession, operating room nurses can experience a sense of worthlessness and also state that it can cause substance addiction. It is revealed that they show obsessive behaviors where their working efficiency decreases and they experience substance addiction, anxiety and depression. Aslan and Öntürk (2011); They state that operating room nurses experience burnout due to regular working hours, heavy working conditions, stressful and isolated environment of the operating room, being in a monotonous work environment, unbalanced diet, working in shifts, working overtime and having too many responsibilities.

The results of the experimental study conducted by Bölükbaş, Karabulut, and Özer (1998) on "Examination of the level of anxiety created by the operating room environment on the working team" reveal that the mean scores of both state and trait anxiety of operating room nurses are high. On the other hand, Alkan and Ayar (2017), states that the operating room environment affects the quality of life of operating room nurses negatively, reduces their psychological resilience and causes burnout in their job satisfaction. states that operating room nurses are more affected by stress factors than nurses working in other units.

Koraş (2011), states that the operating room environment is a closed and isolated environment and operating room nurses working in isolation in this environment cause intense stress. When all these research results are evaluated; In this stressful environment where the operating room environment is a stressful environment; It is clearly seen that it causes negative psychological consequences in nurses. In addition, the fact that the operating room nurses are constantly confronted with patients who are suffering due to their working conditions and witnessing the loss of patients without treatment can cause them to feel psychologically under pressure, and especially after long working hours, both their social life and mental health can be adversely affected. In addition, exposure to physical and psychological violence by both the patient and their relatives can also cause them to feel worthless (İri, 2019). However, operating room nurses; exposure to abuse by both the patient and their relatives; It can cause them to feel worthless, develop low self-esteem, decrease their productivity at work, experience fear and depression, decrease their self-esteem, negatively affect their family life and experience disappointment (Çelik ve Karaca, 2017).

CONCLUSION

Nursing can be a profession that can be at the center of the health field and affect people's quality of life in every aspect. In addition to the fact that nurses, whose main purpose is to provide care, serve in an area with a high margin of error, the conditions of the environment in which they work can also affect nurses' perspectives on the profession and can be effective in increasing or decreasing the margin of error in the nursing profession. In particular, operating room nurses work overtime due to the area they work and the surgeries they perform, suffer from insomnia, irregular and heavy working conditions, care for patients suffering from fatigue, pain and distress, working in a closed environment under stress with the working environment, working in a closed environment, working in the same position all the time. They may encounter factors that negatively affect their quality of life, such as These factors are; the harassment of the operating room nurses by both the patients and their relatives and negatively affecting the working life; It can cause them to feel worthless, develop low self-esteem, decrease their productivity at work, experience fear and depression, decrease their self-esteem, negatively affect their family life and experience disappointment. In addition, the high stress level of the profession may cause the operating room nurses to experience a sense of worthlessness, decrease in their psychological resilience and burnout in their job satisfaction.

SUGGESTIONS

In line with the results of the research, the following recommendations are included:

Training seminars can be organized on the methods of coping with stress by evaluating the stress situations of the operating room nurses from time to time.

Studies can be conducted to help operating room nurses cope with feelings of worthlessness.

Studies can be conducted on how operating room nurses can cope with feelings of worthlessness.

Studies can be carried out to increase the work motivation of operating room nurses.

Studies can be conducted to help operating room nurses cope with feelings of worthlessness.

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