



EMOTIONS AND FEELINGS OF NURSES IN PATIENT CARING AND WORKING SITUATIONS

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ABSTRACT

Nurses play such a crucial role in healthcare, and their experiences can be quite diverse. In patient care, nurses often feel a sense of empathy and compassion towards their patients. They strive to provide comfort and support during challenging times. In working situations, nurses may experience a range of emotions. They can feel a great sense of fulfillment and satisfaction when they see their patients recover and improve. However, the demanding nature of their work can also lead to feelings of stress and exhaustion. Despite the challenges, nurses often find joy in making a positive impact on the lives of their patients.

It's important to remember that every nurse's experience is unique, and their emotions can vary depending on the specific situations they encounter. But overall, nurses are dedicated professionals who demonstrate incredible strength, resilience, and care in their work. They truly make a difference in the lives of those they serve.

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INTRODUCTION

An emotion is a chemical process associated with our body. An emotion comes & goes quickly and by biologically lasts only 90 seconds. Emotions are constantly being generated subconsciously or consciously in response to the reactivation of memories or unsatisfied goals. Emotions play an important role in caring process. Emotions that are freely experienced and expressed without judgment or attachment tend to flow fluidly without impacting our health. In other hand repressed emotions affect mental energy and the health of human beings and worsens their life pattern. Emotional care involves being compassionate, accepting and treating patients as unique individuals. *PERTS* research suggests that emotions are electrochemical signals that carry emotional messages throughout the body. They are then expressed, experienced, and stored within the body and mind. In nursing profession, the nurses should be aware of their own emotions towards anger inducing situations and should recognize the need and emotions of the patient and care takers.

NURSE AND EMOTION

Nursing is a '24-hour' job and they face many professional challenges. Nurses often work extremely long shifts, which can be emotionally taxing and physically grueling. Emotions occur unconsciously and mostly happen before the thought or feeling. Excessive emotions act as stimuli, which disturb the mind and soul and alter the balance of the internal organs which are stored in the body include the Neck (fear and repressed self-expression) Shoulders (burdens and responsibilities) Back (guilt, shame, and unworthiness) Hips (fear, sadness, frustration, loss and worry.) and Stomach (anger, acid secretion, anxiety, sadness, elation). The nurses should recognize the emotions and to know how to manage their own emotions by showing constant patience and kindness.

EMOTION AND EFFECTS OF HEALTH

Emotion is an adaptive response, part of the vital process of normal reasoning and decision- making. It is a brief episode of coordinated brain, autonomic, and behavioral changes that facilitate a response to an event. It is one of the highest levels of bioregulation for the human organism and has an enormous influence on the maintenance of our homeostatic balance and thus of one well-being. When we get angry the adrenal glands flood the body with **stress hormones** that include **adrenaline** and **cortisol**. Also when the anger feels constant, overwhelming or out of control, it will harm the person and the people around everyone. So indirectly or directly affects the total patient care and own mental health.

COMMON TRIGGERS OF ANGER IN NURSES

An article titled *"How to get off the anger-go-round"* in *American Nurse* lists 7 things that can make nurses angry: They are

1. Not being treated with respect
2. Feeling blamed or scapegoated by physicians and other healthcare workers
3. Feeling powerless and lacking control over the work environment
4. Feeling they weren't being heard
5. Feeling moral distress after witnessing unethical, harmful, or dehumanizing behavior and actions
6. Not feeling supported by managers or peers.

HOW TO GET RID OF FROM ANGER, EMOTIONAL EXHAUSTION AND CYNICISM, IN NURSES

(Mnemonics as *PEADIATRICS*)

1. Practicing stress-reduction techniques such as meditation as a daily habit.
2. Enhancing sleep quality by managing worries.
3. Aim to get enough hydration during duty hours and healthy diet.
4. Do always the best to find balance between work and home life.
5. Ignoring the stress and Workload.
6. Accepting positive Nurse Patient ratio
7. Take control and say no to imbalance situation
8. Respecting patients, relatives, colleagues and superiors in an acceptance manner
9. Increasing Motivational thoughts in patient level, situation level, job level and unit level.
10. Consideration of emotional commitment
11. Sensory grounding by taking away negative thoughts.



Nursing is an incredibly stressful career. The Nurse has to identify and accept their emotions as a part of their job. Nurses' commitment to care and their relationships are the core of quality of care. Nurses often become tired, anger and stressed, which can increase their risk of making mistakes and emotional exhaustion. When we cultivate compassion instead of turning cynical, we feel better and we feel closer to the patients and people around ourselves.

CONCLUSION

Nursing can be intense. Moral emotions can help the nurses to recognize situations and it will promote changes in the care of patients in extreme situations. Nurses need to understand that they are encountering patients and families in a state of emotional distress. Nurses consider that the emotional commitment is essential to the profession, thus accepting to be exposed to emotional distress. If empathy and good communications aroused as the nurse's personality traits, it will likely to be a caring and likable nurse when working closely with patients. Reasonable emotional attitude towards one's issues may help to understand, balance and adjust the emotions that one's dealing in the nursing profession.

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