

ABSTRACT

The profession of general intensive care nurse is specific in its high demands on physical, technical, ethical and mental abilities of each individual. The thesis focusses on the mental stress of the nurse, analyses potentially high-risk professional situations the nurse encounters and proposes methods for their management. The topic of mental stress and its handling has, and will, have important impact on the field.

The goal of the thesis is to map the psychologically challenging situations that all of the 129 nurses approached in a smaller local medical facility considered as difficult to handle and thus have impact on their ability to cope with a demanding job. The situations are defined and evaluated using predefined hypotheses.

The results of an anonymous quantitative questionnaire clearly show that the largest levels of stress and discomfort are caused by situations which are “directly connected to medical care provided by the general intensive care and accident and emergency nurse”. The least discomfort is perceived in situations described as “indirectly connected to intensive care / A&E nurse duties”, such as irregular working patterns and work during public holidays. The results are presented in a graphical form.

We conclude by observing that unlike large-scales studies that commonly report interpersonal relations as the most problematic, our study showed the dominance of stress directly related to work in intensive care. The problem of stress and discomfort can be alleviated by improved motivation, strict adherence to legally required breaks between shifts, seminar on stress-control techniques, development of both passive and active relaxation techniques and activities, availability of consultations with crisis managements specialist, learning to express emotions and finally overall improvement of workplace friendliness”.

keywords: Intensive care, the nurse, stress, psychological discomfort, interpersonal relationships, profesional situation.