

# Empowering nurses with conceptual clarity: Defining occupational distress to enhance self-assessment



Jai Chung  
PhD Candidate

Chris Moir  
Professional Practice Fellow

Jenny Jordan  
Associate Professor

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# What is occupational distress?

... (occupational distress) may negatively affect an employee's mental and physical well-being and ultimately impact an organization's operations (Mopkins, 2022)

# Why occupational distress research needs conceptual clarity ?

Nurses Are **Burned Out**. Can Hospitals Change in Time to Keep Them?

New York Times 2023

Nurses call for **safer work environments**- Stressed and **burnout**

Otago Daily 2024

'It's **soul destroying**': why so many NHS staff are off sick with **burnout**

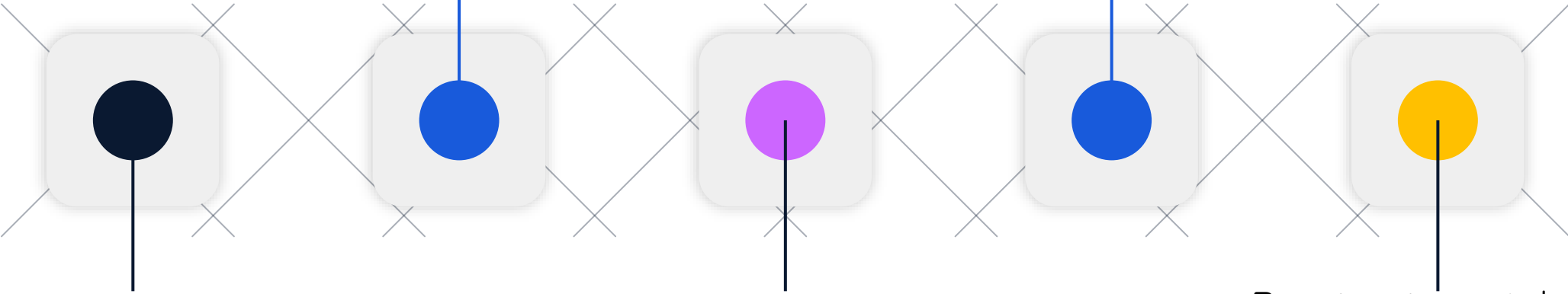
Guardian 2023

**About 100 000 nurses left** the workforce due to pandemic related **burnout**

CNN 2023

**Burnt out** mental health nurses **fearing** for their lives

New Zealand Herald 2024



# Integrative literature review method

1

PRISMA Flow Diagram:  
Integrative literature  
review before and after  
**COVID-19** between 2000  
and 2023

2

Identified records from  
databases of CINAHL,  
PsyInfo, Scopus, ProQuest  
and Web of Science  
(n=200)

3

Screen and excluded  
articles based on inclusion  
and exclusion criteria for  
eligibility  
(n=100)

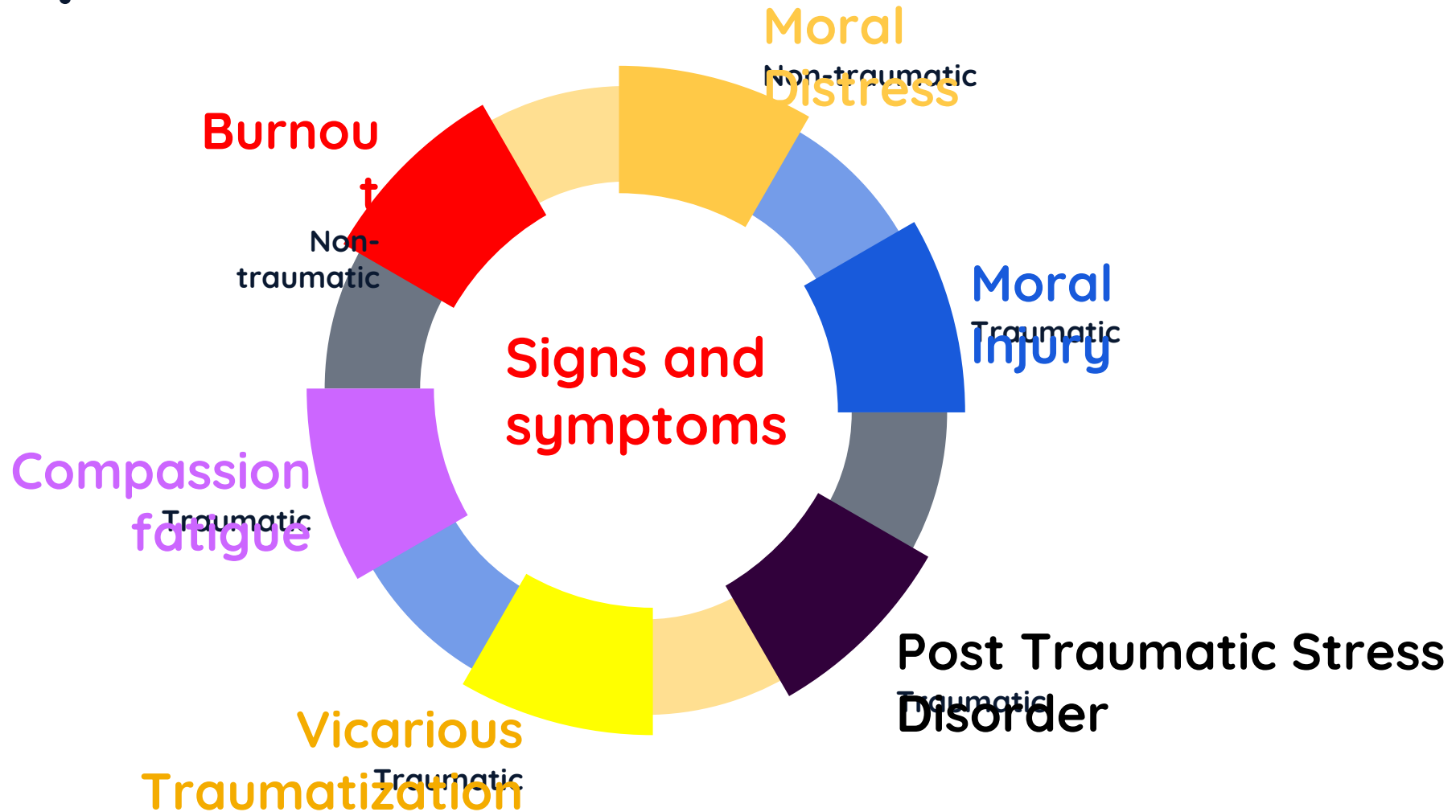
4

## Included publications (n=68)

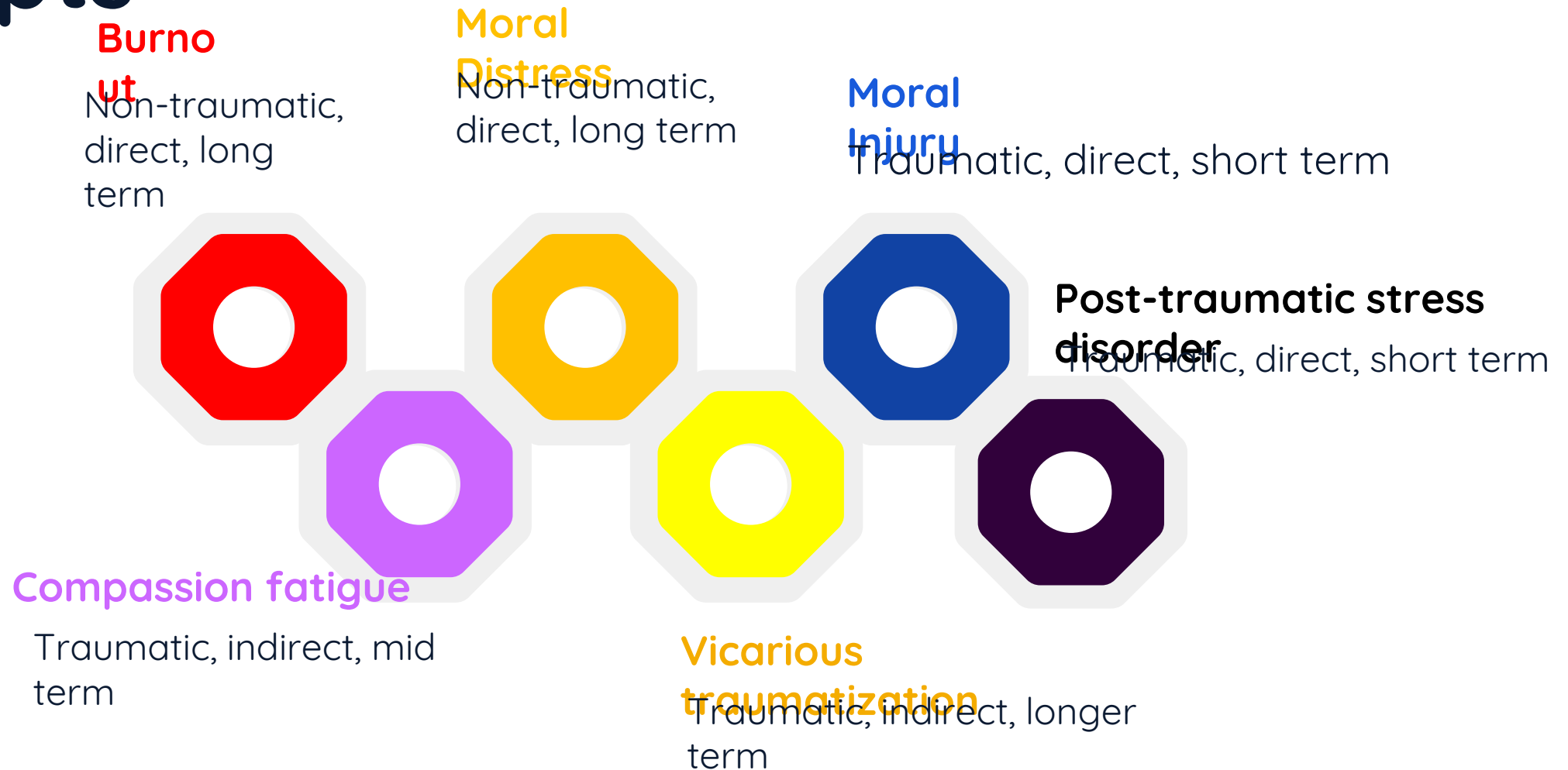
Pre-COVID-19:  
Occupational  
distress, coping,  
preventive strategies  
and emotional  
competence in  
nursing  
(n=33)

Post-COVID-19 onset:  
Occupational distress,  
coping, preventive  
strategies and emotional  
competence in nursing  
(n=35)

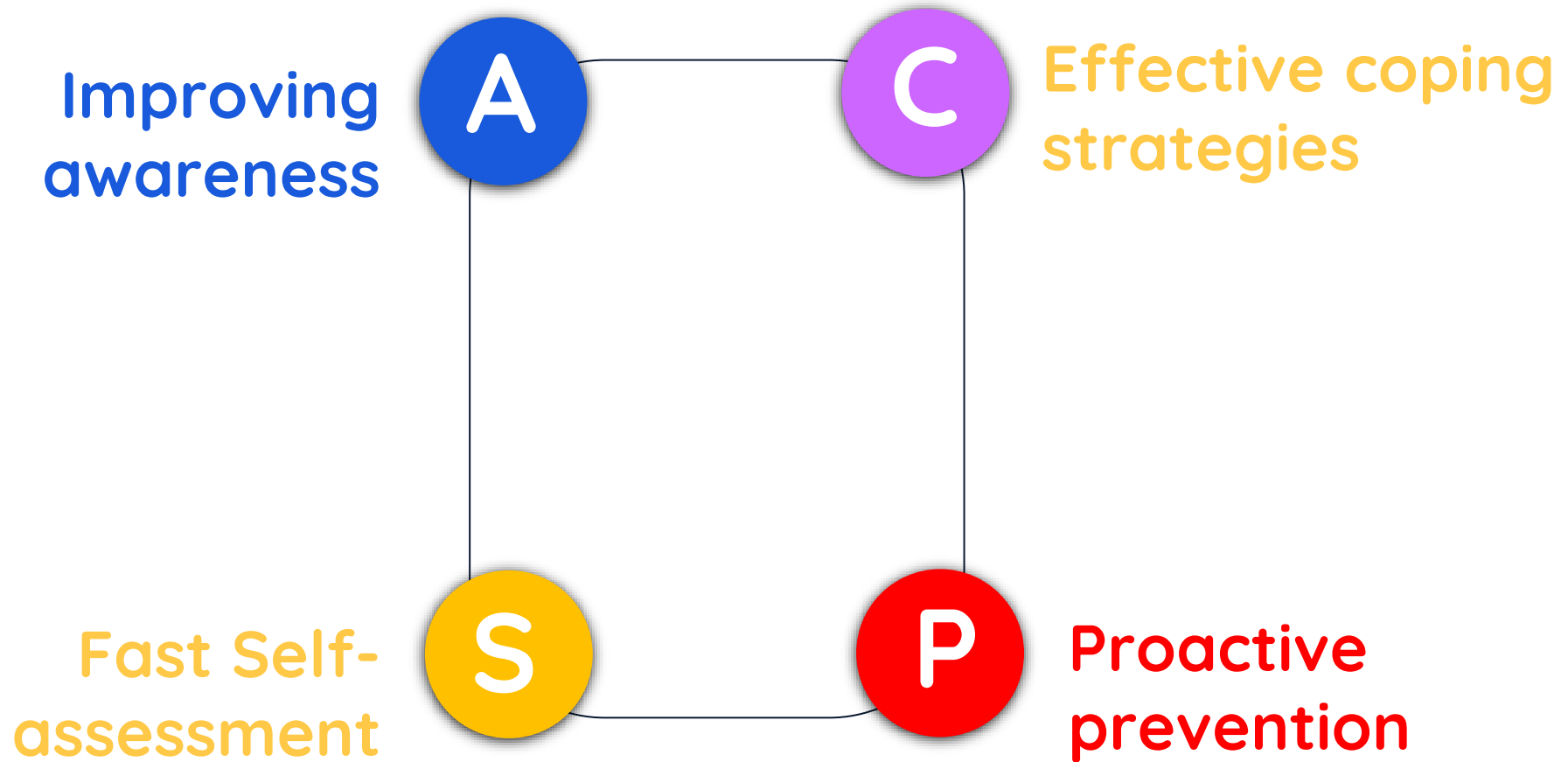
# Key findings on occupational distress concepts



# Key findings on occupational distress concepts



# Implications of this research on occupational distress in nursing





"The natural healing force within each one of us is the greatest force in getting well."

Florence Nightingale

Image: <https://www.sciencephoto.com/media/1330608/view/florence-nightingale>





👍 | Thank You | 👍

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