Relationship between Moral Distress and Spiritual Well-being in Nurses

Mohammad Ali Soleimani¹, Ameneh Yaghoob Zadeh², Mohammad Reza Sheikhi³
1. Assistant Professor, Social Determinants of Health Research Center, Qazvin University of Medical Sciences, Qazvin, Iran
2. Master's Student of Geriatric Nursing, Social Determinants of Health Research Center, Qazvin University of Medical Sciences, Qazvin, Iran
3. Social Determinants of Health Research Center, Qazvin University of Medical Sciences, Qazvin, Iran

Abstract

Background and Objective: Moral distress is increasingly recognized as a problem affecting healthcare professionals especially nurses. If not addressed, it may create job dissatisfaction, withdrawal from the moral dimensions of patient care, or even leaving the profession.

Methods: A convenience sample consisting of 193 nurses were recruited during the period of February–May 2015. Data collection instruments included a demographic questionnaire, the 20-item Spiritual Well-Being Scale, and the 21-item Moral Distress Scale-Revised. Data analysis was performed by descriptive and inferential statistics using SPSS-PC (v.22).

Results: The mean of SWB and MDS-R were 94.73±15.89 and 109.56±58.70 respectively. There was very weak correlation and not significant as well between SWB and MDS-R (r =-.053, P=.462). We found that relationship status and job satisfaction were determinant factors for SWB. Among the demographic and work related factors, gender and education levels were also independent predictors for MDS-R scale. In addition, working in rotation shift and tendency to leave the current job also became significant after adjusting other factors.

Conclusion: Moral distress and its association with factors such as individual ideals and differences, organizational elements suggest that conditions contributing to moral distress can have an important role to make stressful situations for nurses. So it is essential that strategies should be adopted to prevent the occurrence of these conditions. Informing nurses about moral distress and its consequences, establishing periodic consultations as well as making some organizational arrangement will play an important part in the identification and management of moral distress and its consequences.

Keywords: Moral distress, spiritual well-being, nurses
بررسی ارتباط بین دیسترس اخلاقی و سلامت معنوی در پرستاران

محمدرضا شیخی نوریان، آمنه بهرام در حسن زاده

یافته‌ها: میانگین سلامت معنوی 89/5 ± 7/6 و دیسترس اخلاقی 70/5 ± 5/8 پیشگویی کنده دیسترس معنوی می‌شود.

نتیجه‌گیری: دیسترس اخلاقی پرستاران بر عهده داشته باشند. نتایج آماری به دست آمده از این مطالعه نشان می‌دهد که دیسترس اخلاقی، رضایت شغلی و سلامت معنوی با یکدیگر همکاری می‌کنند.

کلید واژه‌ها: دیسترس اخلاقی، سلامت معنوی، پرستاران