



Resilience-A Leveler to Enhance the Nurse's Skills and Quality of Life



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Introduction

Health care services are delivered as a team approach lead by physicians. At any given level of care, nurses are in majority in number [1] and play a pivotal role to coordinate and provide direct care to the needy community [2]. Majority of the nurses are female and consists of more than 60 % of health team. Female nurses not only play a professional role within a hospital but also a major role within the patriarchal society [3], which makes them more vulnerable. Since a decade, there is a steep increase in the number of male nurses but their recognition and their eligibility to work public sector questioned and using their muscle power than their skill motivates them to shift to non clinical or other vocations.

Second citizen status of women in society, non recognition of nurse's skills with diminishing standard jobs and hostile private hospital environment amplify high level of stress among the nurses [4,5]. These stresses lead to psychosomatic disorders [6] which in turn effect both health services and family.

Resilience is a process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress. Resilience is dynamic in nature [7] and is a innate personal resource [8]. It assists in retention of students in the academic program [9], positive correlation with their academic success [10], cope effectively with adversities in the clinical setting [11] and to develop complete persona of an individuals. Individual and organizational interventions to increase resilience and reduce the experience of burnout by developing measures such as improving communication skills, providing education on stress management and coping strategies, using social resources, retain modules, a continuous nursing supervision team, acknowledgement of their skill and organizing programs that provide psychological support [12-14].

There is enough literature on nursing students and nurse's problems at individual, institutional and societal level but interventions to enhance their resilience are negligible. There is need to explore this area and use these scientific steps to enhance health care services by improving the resilience health workers and systems of care.

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