



# QUALITY OF LIFE OF NURSES IN WORK CONTEXT: A SCOPING REVIEW

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## INTRODUCTION:

A Qualidade de Vida (QV) é estabelecida através de conceitos interdisciplinares de conhecimento que abrange fatores psíquicos e sociais, considerando percepções acerca da vida e seus valores individuais, objetivos e preocupações (Ribeiro et al., 2021).

### AIM:

To map the scientific evidence on the quality of life of nurses in the work context

## MATERIALS AND METHODS

**Research question:** What is the quality of life of nurses in the work context?

By Joanna Briggs Institute:

**Search expression:** Quality of life AND Nurses\* AND Work. MeSH Descriptors (2023).

**Inclusion criteria :** studies published between 01/09/2020 to 31/08/2022; Humans; nurses in any work context; One of the authors is a nurse; Free Full Text and abstract available.

**PCC mnemonic: Population** - general care nurses and/or specialists who performed their function in any care context; **Context** - Contexts of clinical, hospital or community practice; The main **Concept** - quality of life.

**Research:** EBSCOhost platform: CINAHL®, MedicLatina and MEDLINE.

**Studies:** Quantitative, Qualitative and Mixed.

## RESULTS:

Protective factors: better sleep quality. Risk factors: a mental health diagnosis and working with adult populations (Higgins et al., 2020).

Nurses do not demonstrate optimal levels, of QoL at work (Javanmardnejad et al., 2021).

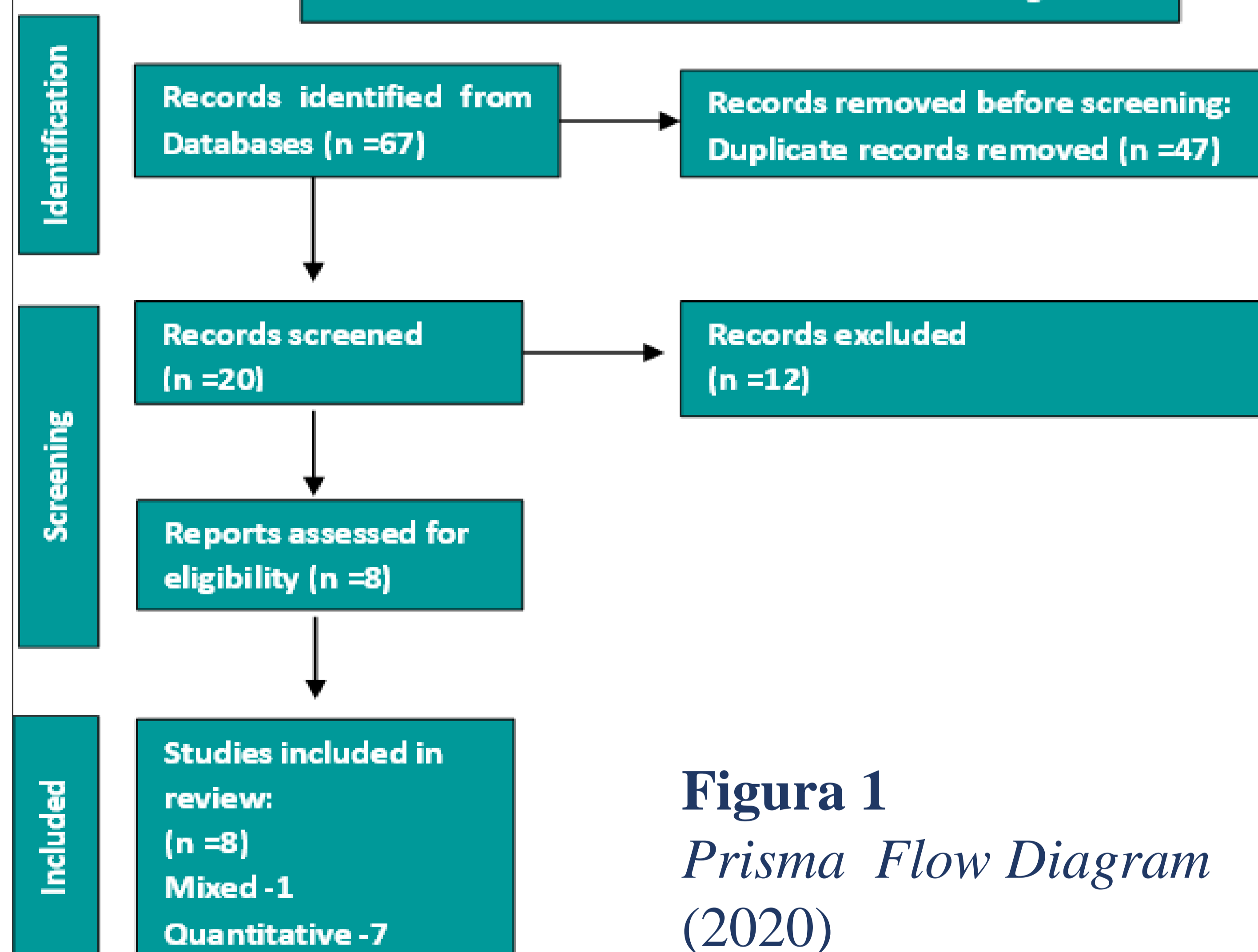
The prevalence of burnout in the three related dimensions are: Emotional Exhaustion (44.4%), Depersonalization (31.7%) and Personal Fulfillment (98.8%). Exhausting factors: The socioeconomic conditions and deterioration of the health system. Factors that promote the prevalence and increase of burnout in nurses, predefined tasks at shifts, night work, sleep disorders (Morufat et al., 2021).

Protective factors: work environment, resources, proximity to housing, good relationship with colleagues, participation in decision-making and evaluation at work. Exhausting factors: long hours of work, lack of resources, personal relationships and the arrival of poorly prepared new professionals (Parra-Giordano et al., 2021).

Exhausting factors: Characteristics of nurses' work, human resource management, work environment and work overload, promote high levels of stress (Hwang, 2022; Piercy et al., 2022; Phillips et al., 2022).

Exhausting factors: Nurses working rotating shifts were more likely to be overweight, total and abdominal fat, and decreased quality of life (Vlahoyiannis et al (2022)).

### Identification of studies via databases and registers



**Figura 1**  
*Prisma Flow Diagram*  
(2020)

## CONCLUSION:

QoL describe in two groups of factors: QoL potentiating factors, QoL exhausting factors. This study is a contribution to the development of nursing by making visible how working conditions affect the QoL.

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