

# **NURSE OCCUPATIONAL STRESS AND QUALITY OF CARE: A SYSTEMATIC REVIEW IN ASIAN HOSPITAL SETTINGS**

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## **ABSTRACT**

**Background:** Occupational stress is both psychologically and physically challenging and may lead to high rates of absenteeism, burnout, and turnover. Nursing is considered as one of the most stressful and demanding professions. This study aimed to review systematically the nurse occupational stress and quality of care in Asian hospital settings.

**Subjects and Method:** This was a systematic review conducted through six steps: (1) Framed a question (based on a theory); (2) Ran a search (on Sources of PubMed and ScienceDirect, which published articles from 2008 to 2018.); (3) Read the abstract and title of the individual papers; (4) Abstract information from the selected set of final articles; (5) Determined the quality of the information in these articles. This was done using a judgment of their internal validity but also using the GRADE criteria; (6) Determined the extent to which these articles were heterogeneous. The keyword for this review were work stress, occupational stress, nurse and quality of care. The inclusion criteria were nurse work stress and service quality in hospitals in Asia. After review process seven articles were included in this review.

**Results:** Occupational stress was associated with quality of health service. Poor work environment and heavy workload were caused significantly higher stress among participants. Occupational stress affects nurses health-related quality of life negatively, while it can also be considered as an influence on patient outcomes.

**Conclusion:** Occupational stress affects nurses health-related quality of life negatively, while it can also be considered as an influence on patient outcomes.

**Keywords:** occupational stress, nurse, quality of care, patient outcome, asia

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