Quality of Life of Iranian Nurses

Salemi S[1], Shamsi Sh[2], Mirzabeygi Gh[3], Sanjari M[4], Ala M[5]

[1]- *MSc in Midwifery, Faculty Member, Tehran University of Medical Sciences, Iran*
[2]- *MSc in Midwifery, Faculty Member, Oroomie University of Medical Sciences, Iran*
[3]- *MSc in Entrepreneurship Management, Nursing Council, Iran*
[4]- *MSc in Nursing, Nursing Council, Iran*
[5]- *MSc in Medical Education, Faculty Member, Tehran University of Medical Sciences, Iran*

Abstract

Background & Objective: Nurses' Quality Of Life (QOL) could be affected by many different factors which threaten qualified nursing care. The aim of this study was the assessment of Quality Of Life of nurses.

Method: Using a cross-sectional study design, we evaluated Nurses' Quality Of Life in four domains included physical, psychological, social and environmental health. ۸۵۰ nurses from ۱۷ provinces selected by Random sampling and fill the WHOQOL-BREF questionnaire. The survey data was processed using the SPSS statistical software package (version ۱۵).

Findings: The result suggested that half of nurses had a moderate evaluation and satisfied with their QOL. The majority of values belong to the physical health and the minority related to the environmental health. The K Square test did not show any statistically significant correlation between the QOL domains and factors such as carrier experience, gender, kind of employment, and patients group. However, there was significant correlation between QOL and their position in hospital and shift work.

Conclusion: The findings of our study showed that, about half of the nurses evaluate their quality of life in mediocre level. The results of this study can be used by stockholder and policy makers. It is hoped the research can be done in the whole country that all nurses involved in and also establish quality of life database that nurses achieved can be monitored continuously.

Keywords: Quality Of Life, Nurse, Nursing profession, Professional Characteristics