

Abstract

This project takes place within the Master in Bioethics VII prepared under the guidance of Master Miguel Ricou.

The nursing profession, in its entirety, is the one that has the primary aim of caring, this is, the function to engage to the patient, thus seeking to carry out their work under a social, technical and psychological point of view.

There can be no quality nursing care if their professionals can't practice their profession in a positive and calm environment. The purpose of bioethics is to identify the best way to potentiate the results of the relationships built between people. This way we propose to discern the problem of working conditions of professionals that facilitate the best possible performance.

Several studies and surveys show that many nurses are experiencing a stressful environment, having working conditions that are poor and incompatible with their professional performance. Consequently, there is the evasion of the professional, who will eventually migrate to other professions, result of (de) motivation due to working conditions. Although that evasion isn't so great, the feeling of frustration is significant and compromises the welfare of the nurse as a professional.

In this context, we propose to realize the main situations that cause stress in the nursing profession and identify some strategies to overcome this situation and seek nurses professional satisfaction. We believe that this satisfaction will have positive repercussions in the way nurses learn to face their profession and therefore to treat their patients.

We will guide our bibliographical presentation to the conceptual framework, highlighting issues such as the hospital organization, protection and health promotion at work, stress, burnout, coping strategies, ethics and quality of care.

In the second part we will proceed to the methodology. The reproduction of the empirical research will constitute a single, anonymous questionnaire. Questionnaires will be validated through a pre-test, applied to a limited sample of nurses (nurses who exercise functions in intensive care units of the Hospital de S. João).

We will finish the work with the respective notes and elaboration of the graphics. After analyzing the conclusions of this study, we will present the results and general conclusions.