EXAMINING THE EFFECT OF POSITIVE PSYCHOSOCIAL SCHEME AMONG NEWLY GRADUATED NURSES IN ACUTE HOSPITALS IN HONG KONG

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OBJECTIVES

For newly graduated nurses, their first three months of adapting to new environment are stressful and frustrating. In Queen Elizabeth Hospital, the Positive Psychosocial Scheme has therefore emerged as a mechanism to support them throughout role transition. The scheme was implemented in August 2016 to enhance newly graduated nurses’ positive inner resource and strength, and enable them to work through life and work difficulties.

The objective of the study is to determine the effect of the first tier of positive psychosocial scheme among newly graduated nurses in acute hospitals in Hong Kong.

RESULTS

Of 64 newly graduated nurses, total 44 completed the questionnaire (68.75% response rate). Overall, six individual items showed high satisfaction with the first tier of the scheme and got a mean score 4.05 or above (range 4.05-4.23), indicating that the effectiveness of the scheme was high.

For session one, 90.91% were satisfied with the course content. 93.19% understood the depth and breadth of stress management. 84.09% of them would recommend colleague to attend similar courses. Overall, 93.18% of respondents were satisfied with the scheme provided for them.

For session two, narrative comments were collected. 8 respondents commented that the course was relaxing and interesting through different mini-games. 7 respondents stated that the course was informative and would equip them with stress reduction strategies.

Overall, the PSS-14 scores is 24.56, indicating they rated their life event relatively neutral and controllable. For positive statement, 39.58% of them stated they often felt confident about ability to handle personal problems and were able to control life events. For negative statement, 70.83% of respondents were satisfied with the scheme that they could adapt to new environment are stressful and frustrating. In Queen Elizabeth Hospital, the Positive Psychosocial Scheme has therefore emerged as a mechanism to support them throughout role transition. The scheme was implemented in August 2016 to enhance newly graduated nurses’ positive inner resource and strength, and enable them to work through life and work difficulties.

The scheme was composed of three tiers, namely (1) Introduction of Stress Management, (2) Stress Reduction Workshop and (3) Booster Class of Stress Reduction. The scheme identifies source of stress during developmental transitions and introduces stress management strategies. Individual follow up session would be arranged for those who perceived high level of stress.

A self-administered questionnaire was conducted for 64 nurses graduated in 2016. The scheme started from August 2016. For session one, there are 6 items rated in a on a 5-point Likert scale. For session two from items 7-11, narrative comments were collected.

The perceived stress scale – 14 (PSS – 14) was also used to measure one’s life events as stressful. Each item is rated on a 5-point Likert scale. PSS-14 scores range from 0-56, with higher score indicating greater distress.

The objective of the scheme was achieved. Most of respondents were satisfied with the scheme that they could develop personal inner resource and strength. In way forward, the result of the survey provides improvement strategies for the coming second and the third tier of the scheme so as to meet individual needs in psychosocial perspectives.

REFERENCE
