Changes in stress in nursing staff working on a ward for intractable neuromuscular disorders
– Using role-playing based on assertiveness –

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Abstract

Data from our study in 2009 revealed that nurses working on a ward for intractable neuromuscular disorders in Hospital A suffered from severe stress, which occurs based on the relationship with inpatients. Based on this result, the theme of our study in 2010 was decided, and the data demonstrated that the nurses slightly reduced their stress by being assertive in their relationship with inpatients; however, the reduction was not enough, because information obtained in lectures on assertiveness training had not been successfully disseminated to all the nursing staff. Thus, there was a problem in the communication of information. To address this problem, role-playing was employed in the assertiveness training in 2011 for the nursing staff. This further reduced the nurses’ stress compared to the assertiveness training in 2010. This result indicates that continuation and repetition of assertiveness training in daily nursing is important. Tottori J. Clin. Res. 5(1), 1-6, 2013

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