

Recognition and Support Actions for Nurses Regarding the Stress Endured by Long-term Hospitalized Children

IKEDA Kana

Graduate School of Science for Human Services, Ritsumeikan University

Keywords: Long-term hospitalized children, stress, nurses

Previous research has focused on the type of stress experienced in a hospital for children. However, we do not actually know how nurses adapt to this. In addition, previous research shows that nurses provide support to children at hospitals in developmental stages using various methods. However, we do not actually know how nurses support long-term hospitalized children and the stress that such children endure. The purpose of this study is to show recognition and support for the actions of nurses regarding the stress endured by long-term hospitalized children.

In this study, the author conducted semi-structured interviews with seven nurses who have experienced working as a nurse caring for long-term hospitalized children. The results show three things. Firstly, nurses in this study recognize the stress that long-term hospitalized children endure and that support mechanisms are appropriate. However, they do not know enough about recognizing the stress of adolescent children in order to support them. The second point is that the nurses feel difficulty in supporting adolescent children and they feel that it is hard to understand how such children think and feel. The third point is that nurses can feel a limit in the ability to support long-term hospitalized children. This is because the nurses feel that they have limitations in routines and rules, along with a lack of awareness. Thus, the nurses hope for support from other health professionals and for opportunities to “lean on each other,” in order to improve the present conditions. Finally, the author discusses what should be done to support long-term hospitalized children and what should be done to support nurses who support such children.