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## BOOK OF ABSTRACTS



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## **WORK RELATED STRESS AMONG HEALTH CARE WORKERS IN BASE HOSPITAL, VALAICHCHENAI**

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**Background:** Work related stress has been a strong influence on healthcare workers' health, resulting in high costs for hospitals, and losses in productivity. The main health effects of stress are directed on mental and physical wellbeing of the person.

**Objective:** To describe the work related stress among healthcare workers in Base Hospital, Valaichchenai

**Methods:** A cross sectional descriptive study was conducted at Base Hospital, Valachanai among all health care workers including Nurses, Paramedical staff and Health service assistants. A total of 150 health care workers were included in the study (Nurses-44, Paramedicals-36 and Health service assistants-70). A self-administered questionnaire along with perceived stress scale was used as study instruments.

**Results:** Among the participants, 53.4% were males and 52% were in 30-39 years. Majority of participants (74.7%) stated that they had work related stress and 88.7% of them suffered with headache. Majority (92.7%) of the participants mentioned that work related stress affect their performance. Nearly half of (53.3%) participants said that their immediate supervisors were very much supportive which reduce their stress at their work place. Further, Majority (91.3%) mentioned that their personal health was affected by work related stress.

**Conclusions:** The results of the study indicate that many participants had work related stress which affects their job performance and their personal health negatively. Lack of support from supervisors should be addressed by the head of the department to reduce the work related stress among healthcare workers.

**Keywords:** Work related stress, Healthcare workers, Nurses, Hospital