

# The Professional Quality of Life of Flight Nurses

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The Flight Nurses of New Zealand who shared their experiences with us

# Introduction

- Understanding Professional Quality of Life

# Why Flight Nurses?

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Skillset for the work

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Unique role

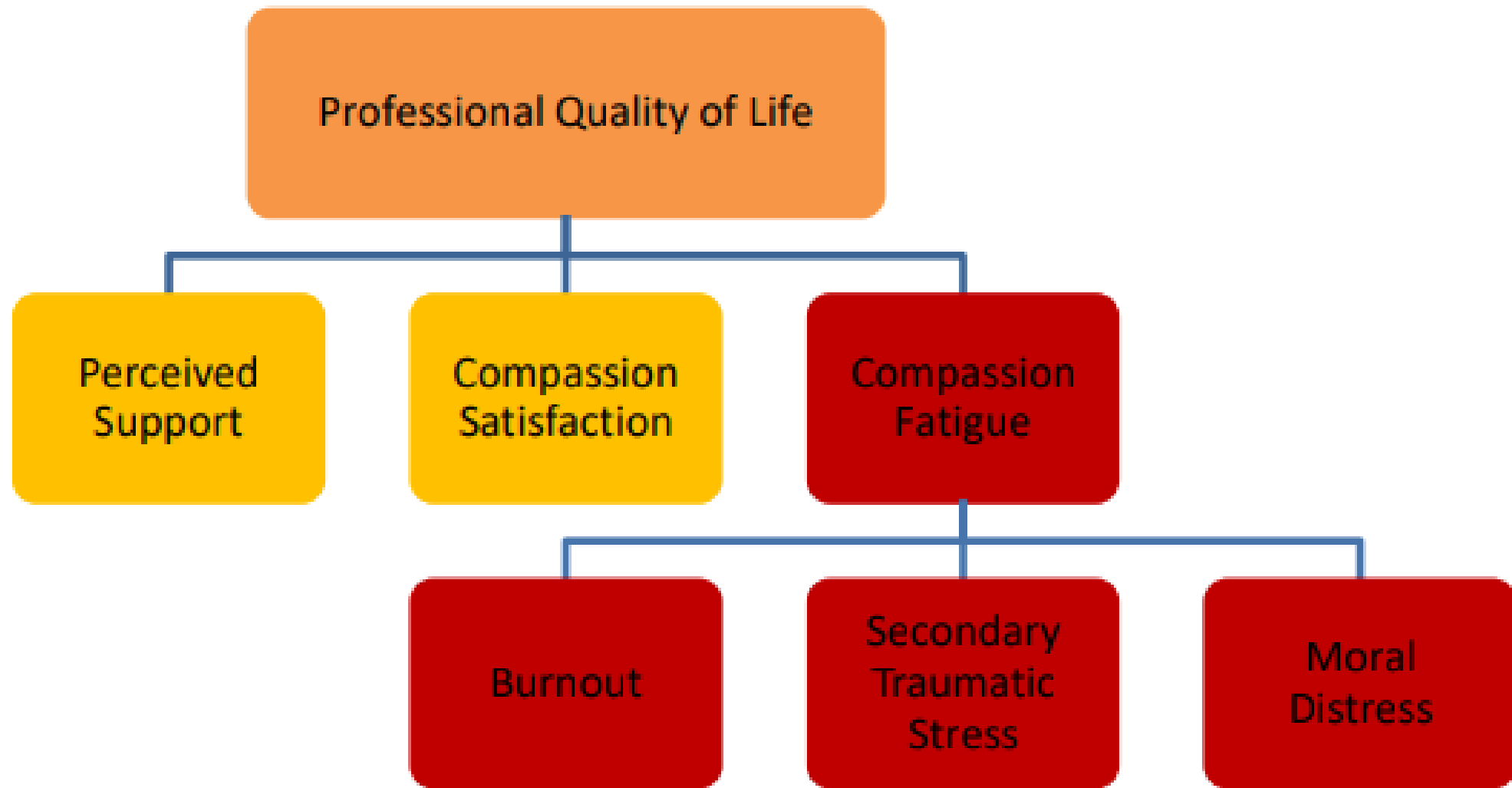
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Retention

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Future planning

**FIGURE 1: Conceptual Model of Professional Quality of Life**



# Professional Quality of Life

## **Perceived Support**

The feeling of being cared for, loved and valued on both a personal and professional level

# Professional Quality of Life

## **Compassion satisfaction**

The cumulative sum of all positive experiences and feelings one derives from the act of helping others, a profound sense of accomplishment, even amidst of challenges and traumas

# Professional Quality of Life

## **Burnout**

Psychological syndrome that develops due to prolonged exposure to work stressors and is characterised by feeling of emotional depletion, exhaustion, detachment or feeling like you're not accomplishing anything.

# Professional Quality of Life

## **Secondary Traumatic stress**

Similar to burnout but is specific to the caring professions – exposure to the trauma of others. It may include feelings of hypervigilance, anxiety and uncontrolled thoughts of the events

# Professional Quality of Life

## **Moral Distress**

When a person knows what the correct thing is and wants to do it, but is hindered from doing so due to institutional reasons. This includes having to provide suboptimal care due to organizational constraints such as inadequate staffing, insufficient stock and policies that are not patient centered

# Methodology

Survey based cross sectional design

**Target population :**  
all the flight nurses currently working in the public sector in New Zealand

**Sampling :**  
A survey was sent to all the flight coordinators/mangers who then forwarded the email to their team.

# Methodology

## **Data collection:**

Demographic information followed by the 30 point Professional Quality of Life (ProQOL) V Health survey tool

Ethics approval from the University of Otago

## The ProQOL results

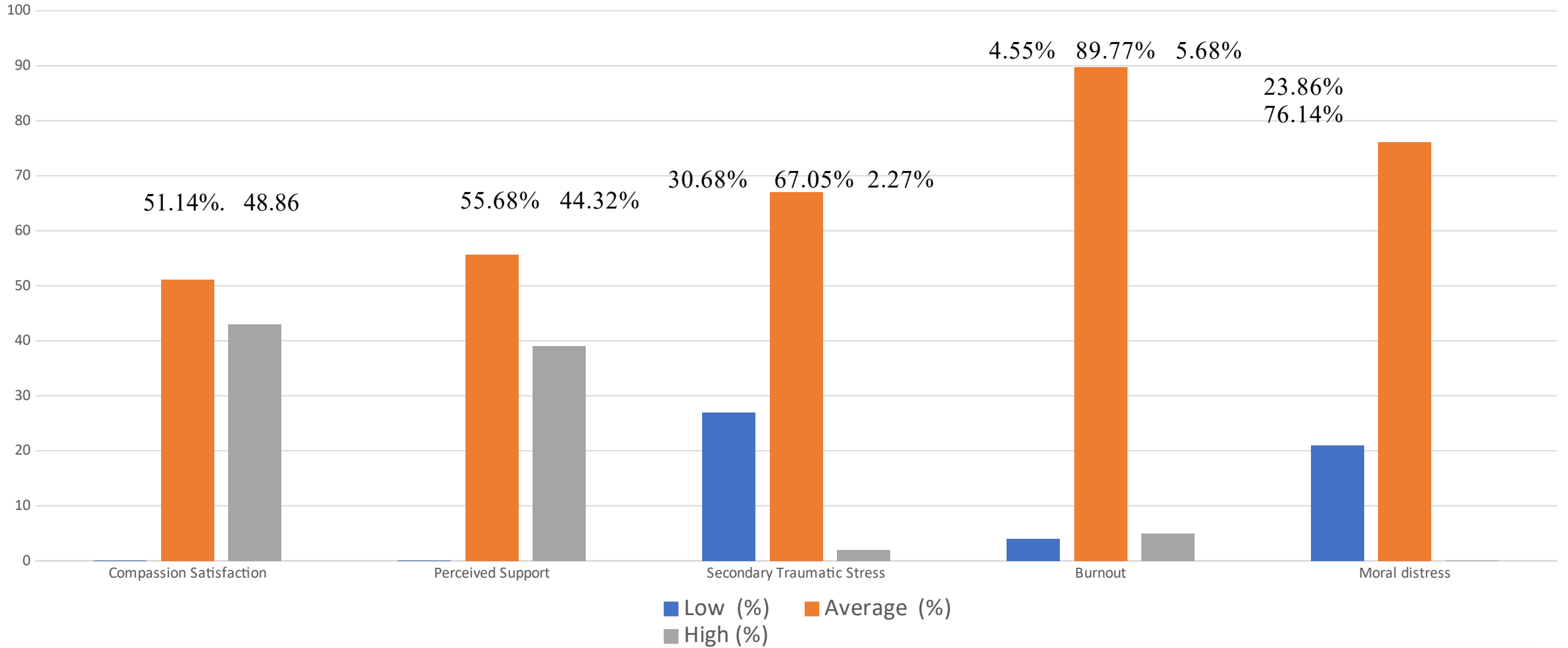
Low <12

Average 12-23

High >23

Indicator	Mean (SD)
<b>Compassion Satisfaction</b>	23.31 (3)
<b>Perceived Support</b>	23.01 (3.4)
<b>Burnout</b>	17.25 (3.4)
<b>Secondary Traumatic Stress</b>	14.67 (4)
<b>Moral Distress</b>	14.69 (2.9)

### Percentages



*The Overall percentage of Low, Average and High scores*

Open ended  
questions

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# Positive

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Helping patients

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Autonomy

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The challenge and  
variety

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Teamwork

Open ended  
questions

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# Negative

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Frustration with  
lack of support  
from management

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Long Shifts

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Long wait times

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Inappropriate  
transfers

# Limitations

- Relatively small sample
- Not completed demographics
- No interviews, thus no expansion on ideas of positive and negative aspect
- Could not differentiate between experience in hospital and experience as flight nurse

Conclusion

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