



INTRODUCTION

- > - ACC settings involve high-pressure and demanding environments that can pose many stressors to the practice of healthcare professionals, particularly RNs.
- > - The constant exposure to work-related stress and emotional demands can lead RNs susceptible to work-related issues such as burnout and compassion fatigue.
- > - Coping strategies play a key role in helping nurses to manage work-related stress, build resilience and reduce the incidence of work-related issues.
- > - Despite the importance of positive coping strategies, those are not easy to develop and nurses often report difficulty in developing healthy mechanisms.

OBJECTIVES

To summarize the international literature on coping strategies used by RNs in ACC settings to deal with work-related stressors

METHOD

- > Scoping review - JBI
- > Inclusion: references that reported on the coping strategies used by RNs in ACC to manage work-related issues in ACC settings worldwide. All empirical evidence was considered.
- > Sources: Medline, Embase, CINAHL, Web of Science, Cochrane Library.
- > Screening: all reports were screened, extracted and analyzed by two independent reviewers.
- > Report: Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for scoping reviews (PRISMA-ScR)

RESULTS

- > The searches yielded 7985 references, 477 were included in full text and 189 papers were included at this point (ongoing).
- > RNs in ACC settings face high levels of work-related stressors and are often exposed to secondary traumatic stress, burnout, compassion fatigue and moral distress.
- > Despite the importance of developing healthy coping strategies, most participants reported difficulties in developing those, as well as unhealthy coping strategies (e.g., drinking) were reported across studies.
- > Coping strategies - interventional studies: mindfulness-based interventions, debriefing, resilience training, aromatherapy massage, music intervention, cognitive behavioral therapy, stress management and educational interventions.
- > Most reported coping strategies by RNs: peer and social support, physical activities, religion, self-care, debriefing, hobbies and interests and professional development.
- > Other aspects reported as improving the coping process of RNs in ACC settings were: resilience, emotional intelligence, personal attributes, lived experience, years of work and sex.

CONCLUSION

This ongoing scoping review is summarizing the international literature on coping strategies used by RNs in ACC settings to deal with work-related stressors. Further understanding this can allow management to provide appropriate support to nurses. Results from this review will support the development of interventions for ACC nurses, particularly those working with deceased organ donation, and the development of informative materials to help RNs in ACC settings to cope with stressors from their work and ultimately improve their work-related wellbeing and patient care quality.

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