

Nurses' meaning of life and Integrative Attitude of Families in Care

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Type of communication

Oral communication

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Abstract

Introduction: Attitudes express the organization of feelings, beliefs and values, as well as the tendency for the person to behave in a certain way. The importance that nurses attach to the inclusion of families in care is expressed in their attitudes, which influence families' predisposition to participate in care. The sense of life, has been associated with a healthy psychological functioning, adaptive-integrative coping and the competence to make decisions, it presents itself as a promoter of human development and comprehensive care.

Objectives: To know the attitudes of nurses, regarding the importance they attach to the integration of families in care; to identify some factors associated with nurses' attitudes regarding the importance they attach to the integration of families in care, and to evaluate the relationship between these factors and the nurses' attitudes.

Methodology: This is a cross-sectional, descriptive-correlational study of a quantitative nature. The sample consisted of 317 nurses from a Hospital Center in the Central Region of Portugal, the selection method being non-probabilistic and intentional. Data collection took place during the first months of 2019 and we used a questionnaire built on questions socio-demographic and professional, the "Scale of the Life Goals" and the scale "The importance of Families in Nursing Care-Attitudes of Nurses "

Results: Nurses reveal a tendency to be open to caring practice, sensitive to the needs of the person and the need for cooperative inclusion of the family in the care process, with a total average of 79.2 points on the IFCE-AE scale, with 36.52 points in the dimension "Family as a dialoguing partner and coping resource", 31.54 points in the dimension "Family as a resource in nursing care" and 11.14 points in the dimension "Family as a burden". Nurses who have higher rates of life goals show, on average, more integrative attitudes of families in nursing care ($p < 0.05$).

Conclusion: Confirming the literature, nurses with a higher index of meaning of life, have a greater predisposition for the integration of families in care. These data reinforce the importance of the development of the Competence for Proactive Unconditional Care (CoCIP) by nurses, enabling them to search for their own meaning of life and to accompany this discovery.

Key words: Sense of Life, Nurses; Attitude; Family; Nursing care.

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