

*Work-Life Balance:*  
Motivations and Obstacles to  
Work for Injured Hospital Nurses

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# Work Environment



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# Experience of Injury....



# Compensation for Work Injuries



WORK INJURY  
CLAIM FORM

Please to complete this form in the entirety may result in a delay in processing this claim.

FILED CLAIM FOR (check all that apply):

|   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Accidental Injury Only | <input type="checkbox"/> Injury With Disability | <input type="checkbox"/> Injury With Investigation | <input type="checkbox"/> Disability - Sick Leave |
| Accident Policy Number                          | Work Force Disability Policy Number             | Insurance Policy Number                            | Policy Number                                    |

Additional Information: If you are filing this claim, please provide the following information:

Employee Name: \_\_\_\_\_ Date of Injury: \_\_\_\_\_

Employer Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**APPROVED**

**WORK INJURY  
CLAIM**

**REJECTED**

# *Caregiver Role* reinforced over time



# A Range of Motivations...



# Obstacles...



Get in touch with your own balance  
*...self reflection*



# Consequences of poor work-life balance

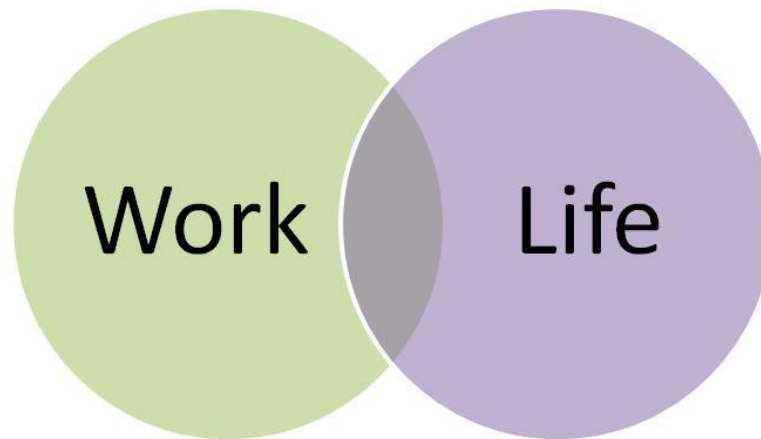
## *-barriers and walls*



- Role Conflict
  - Private life vs. work life
- Fatigue
  - Health maintenance suffers
- Lost or skewed relationships
  - Missed family and social events
- Increased expectations from others
  - If you do more work do you get more work to do?

# Consider the 80/20 Rule

80% of our feelings of imbalance come from 20% of our demands



***Pareto Principle***

Vilfredo Pareto (1848–1923), Italian Economist

# *Sincere thanks to....*

All nurses *especially* the hospital nurses who shared their personal experiences!

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