INTRODUCTION

- Chemical dependency ranges from 10% - 15%
- Nurses have 50% higher rates of substance abuse
- 1 in 7 remain at risk for chemical dependency.
- 68% - 90% of disciplinary actions by BON’s related to chemical dependency
- Co-morbid psych conditions
- Relapse first 2 years of rehab

EXPLANATION OF VARIABLES

- **Self efficacy**: a person’s perceived ability to achieve a goal; Better predictor of subsequent behavior; Can be taught!
- **Spirituality**: sense of connection with higher power; critical resource in time of illness; sense of transcendence providing ability to cope with stressful situations.
- **Resilience**: successful adaptation to stressful situations; in at risk behavior, provides interaction between vulnerability and protection.

CONCLUSION

- Chemical dependency among nurses is a very serious issue in the profession. Many nurses trying to recover from chemical dependency find themselves relapsing. Only 3-7% of those who try to quit each year succeed. More research is needed to see how the plight of these nurses can be better served.