



Voices of Foreign-Educated
Filipino Nurses:
Stressors and Coping
Strategies regarding
Transition

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Introduction

- Emigration of foreign-educated Filipino nurses (FEFNs) (Alonso-Garbayo & Maben, 2009; Aluttis, Bishaw, & Frank, 2014).
- Philippine Culture (Zaide, 1999)



Purpose

- The purpose of this phenomenological study described the sources of stress, coping strategies utilized, and perceived effectiveness of those coping strategies regarding transition for foreign-educated Filipino nurses (FEFNs) in Northeastern Pennsylvania (NEPA).



Findings

- Descriptive Analysis of the Participants
- Description of the Participants
- Themes – Stressors and Coping Strategies



Discussion

- Stressors
 - Living Environment
 - Family Here and Home
 - Achieving Independence
 - Work Environment



Discussion - continued

- Coping Strategies
 - Inner Strength
 - Culture Expression and Identity
 - Future for Family
 - Environmental Support



Conclusion

- Acculturation
- Assimilation
- Herman Melville (1892) quoted, “Life’s a voyage which is homeward bound”



Questions??

Thank you!



References

- Alonso-Garbayo, A., & Maben, J. (2009). Internationally recruited nurses from India and the Philippines in the United Kingdom: The decision to emigrate. *Human Resources for Health*, 7(37), 1-11. doi:10.1186/1478-4491-7-37
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- Zaide, S. (1999). *The Philippines: A unique nation* (2nd ed.). Quezon City, Philippines: All-Nations Publishing Co.

