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

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Session Title:
Foreign-Educated Healthcare Providers
Slot:
C 04: Sunday, 29 October 2017: 10:45 AM-11:30 AM
Scheduled Time:
11:05 AM

Keywords:
Philippine, culture and nurses

References:

Abstract Summary:
A presentation and discussion on the stressors and coping strategies of Filipino nurses as they emigrated to the Northeastern Pennsylvania (NEPA) area. Information provided include their preparation for departure from their homeland, their arrival to the US and their transition to the NEPA.

Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
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</thead>
<tbody>
<tr>
<td>The attendees will verbalize understanding the culture of Filipino nurses</td>
<td>Information will be provided that highlights the culture and traditions of the Filipino nurses</td>
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<tr>
<td>The attendees will describe the process of emigration from the Philippines</td>
<td>Information provided on the legal and political requirements for Filipino nurses who wish to immigrate to another country</td>
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<tr>
<td>The attendees will identify the stressors and coping strategies that the emigrated Filipino experienced with their relocation to NEPA</td>
<td>Qualitative responses provide that support the stressors and coping strategies that the Filipino nurses experienced with relocation and transition</td>
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Abstract Text:

Background - In the United States (U.S.), the nursing shortage will affect nearly every state with a projected growth and replacement of 1.2 million nurses for 2020 (U.S. Department of Labor, 2012). Based on the Filipino culture, the family's welfare, family obligation, and sacrifices for family members are some
of the contributing factors that influenced Foreign-educated Filipino nurses (FEFNs) to emigrate from their homeland (Zaide, 1999; Parrenas, 2005).

**Objectives** - To identify the stressors, coping strategies and perceived effectiveness of those coping strategies in regards to the transition of foreign-educated Filipino nurses in Northeastern Pennsylvania.

**Design** - Phenomenology Study

**Settings** - Northeastern Pennsylvania in acute care and long term care facilities.

**Participants** - Ten foreign-educated Filipino nurses who received their nursing education in the Philippines, live within the NEPA area, and working as a RN in NEPA.

**Methods** - A phenomenological approach opted to examine the stressors, coping strategies, and effectiveness of coping strategies of 10 FEFNs in relation to the transition of FEFNs to Northeastern Pennsylvania (NEPA) through face-to-face interviewing. Methods of data analysis incorporated the guidelines of Moustakas’ (1994) “Modification of the Stevick- Colaizzi-Keen Method of Analysis” (p. 121).

**Results** - The study results provided insight into their stressors related to their Living Environment, Family Here and Home, Achieving Independence, and Work Environment. Their utilization of coping strategies to address their stressors centered on their Inner Strength, Culture Expression and Identity, Future for Family, and Environmental Support. The effectiveness of their coping strategies created an experience that stimulated successful acculturation to the NEPA area.

**Conclusions** - The significance of the study provided understanding into the recruitment of the FEFNs, the magnitude of resources available, and the strength of their collectivistic culture. The implications for transitioning of FEFNs have the potential to improve collegiality among nursing personnel, expand environmental resources for future FEFNs, and modify the recruitment process for future FEFNs.