



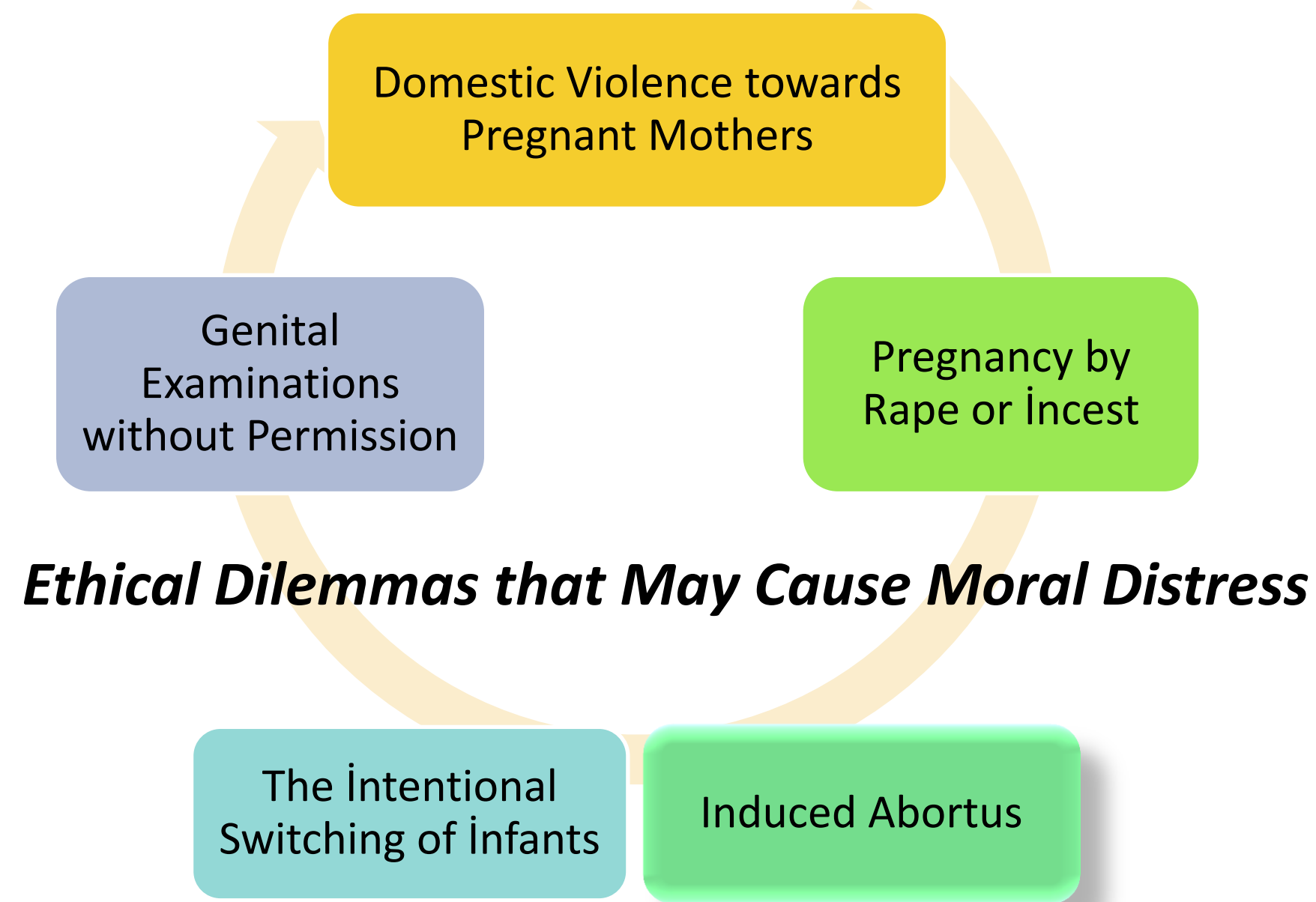
MORAL DISTRESS IN PERINATAL NURSES

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Moral distress is the trouble that health professionals have when they are obliged to perform and act in conflict with their personal and professional values, although they plan for suitable and ethical actions.



Causes of Moral Distress

- Medication errors
- Medical intervention errors
- Exceeding the limits of authority
- Errors caused by the insufficiency of the system
- Record keeping errors
- Notification of crimes

Nurses use both positive strategies, such as planned problem solving and support resources, and negative strategies, such as escape and avoidance, to cope with moral distress.

Along with physical, psychological and social problems, moral distress may lead to important results, including reduced **job satisfaction, burnout and change of profession**. All these problems reduce the quality of nursing care.

