

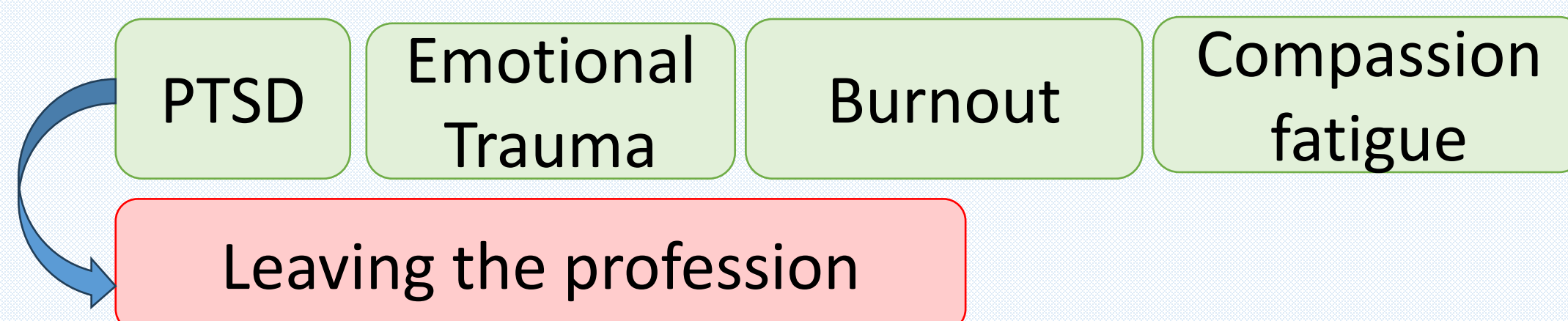


Introduction & Background

Mental health nursing is globally recognised as extremely challenging profession due to high exposure to workplace violence, aggression & complex ethical dilemmas.

Despite this, the well-being of Mental health nurses' is often overlooked. While the focus often remains on patient outcomes, there is a growing recognition of the need to prioritize the mental health and well-being of nurses themselves.

High workplace stressors leave nurses suffering from:



Aim

To examine the multifaceted workplace challenges faced by MHNs and identify interventional strategies that enhance their psychological well-being.



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Methodology

COVIDENCE

Comprehensive search across multiple databases for relevant studies, including Pubmed, Medline, scopus, Google scholar, CINAHL, Wiley online library & web of sciences.

101 titles/abstracts were screened by two reviewers, based on pre-established criteria set on Covidence. Final **18** relevant studies were included in the review.



(Scan for PRISMA chart)



Findings

- 88.6%** experienced verbal abuse in one year
- 97.6%** experienced at least one kind of violence during their career
- 91%** named challenging, confrontational consumer behavior, the top stressor
- 90%** reported verbal & physical aggression at work; 83% cited unmotivated staff

Verbal abuse is the most reported challenge, followed by physical assault, bullying or mobbing, racial and sexual harassment, and assault with a weapon.

Hospital-based MHNs report higher occupational stress and lower personal accomplishment than community MHNs.

Impact on Well-being

- Over half of MHNs exposed to violence report **severe psychological distress**, driving sick days.
- Work stress lowers **professional quality of life**: less compassion satisfaction, more burnout and secondary traumatic stress.
- 5% of nurses reported **very severe depression and anxiety**.
- Compassion fatigue** ranges from low to severe after aggression.

Conclusion

MHN well-being must be prioritised as a matter of urgency.

Caring for those who care for others upholds the standard of mental health care

Discussion

The diverse workplace challenges encountered by MHNs significantly impact their well-being. The effective strategies for managing these challenges required the comprehension of organisational and individual level approaches.

