A Letter To My Peers

What parts of your draft are you proud of? (What do you think is "good" about your rough draft?)

- I am proud of the way I laid out the comments within my first draft. My goal with the comment section of this paper was to make sure that the reader knew that those particular comments were not my own. By doing this, I put them in text boxes and used quotation marks with the username of the person who said them beside it.

What parts of your draft could use some revision or are you most concerned about?

- I think the parts that could use the most revision is the methods section of my paper. I was having a hard time trying to phrase my sentences in order to make my methods make sense to the reader.

What kinds of specific feedback would you like your peers to provide? What kinds of feedback do you not want from your partners?

- There isn't really any feedback that I wouldn't be happy with. On the other side of things, I want my peers to explain to me if they truly understood my research or if it wasn't quite explained and broken down enough. And if so, I want them to tell me what parts didn't make sense so that I can target those parts and fix them.

Are there any parts of the assignment you are confused or unsure about?

- I was having a hard time not using the word "I" a lot when explaining my methods. I know first person would be used for this type of project because it is something that I am conducting, however, I felt like I was using the word "I" too much. It made me feel as if it might be overwhelming to the reader. I would like to know what my peers think about this as well, maybe it's just me overthinking it.

Nursing Stressors and Coping Methods

Background:

For as long as I can remember, I've had my heart set on being a part of the healthcare field. With many family members and family friends being a part of this career field, I've heard many horror stories and have always been told that with healthcare comes stress. I never understood this growing up because any stranger I had ever heard talking about their job in the healthcare world was always that they loved their job and loved being able to help people. So hearing that healthcare isn't always sunshine and rainbows was really odd to me. This intrigued me to do research and find out just how many other people also feel the same about their job within the field of healthcare. I narrowed my research to nursing because that is what's most relevant to my life being that I will become a frontline nurse within the next 4 short years. My research questions what stressors nurses face and how they cope with this encountered stress.

If grouping different professions into categories, nursing/healthcare would come top of the list for encountering stress. The mental health of nurses is very important when it comes to their overall performance with patients. Therefore, the ability to cope with stressful situations becomes a big factor. The article, *Nurses Coping With Stressful Situations- A Cross-sectional Study* explains that "nursing is one of more demanding professions involving exposure to a number of stressors associated with the responsibility for the health and life of another human being (P1)." This article gives background information as well as frontline nurses responses to how their stress affects their ability to handle the care of patients and different coping styles used. Many first time nurses don't know how to cope with stress and it tends to get the best of

them. The purpose of this research is to bring awareness to the stress that nurses encounter as well as how to give them better support and access to stress coping methods.

Methods:

Within conducting my research, I used the open online space of Reddit comments as well as the subreddit r/nursing, r/StudentNurse and r/Nurse to analyze comments between many different nurses in regards to the topic of stress and coping methods. Within the combined communities, there are 745k members, given that there are many comments to explore. As I read through comments and decided which ones fit best into my research, I steered away from comments that included "I've heard…" or "I assume…" due to these comments being from someone that doesn't actually have experience in the medical field nor do they have reliable information being given. With this being said, I analyzed comments that included personal experience and/or included the words "I have" or "I am" to be sure that the information being given has come from personal encounters rather than someone else's. I found these comments by mainly focusing on the words "nurse", "stress", "coping methods", "advice" and "student".

I grouped the comments I found by what they related to. For example, the comments that related to stressors were in one category. Comments related to coping methods were in another, and so forth. I did this so that it was easier for the reader to find the comment's meaning regarding the related topic rather than having to search through them all to find the one they're looking for to read more about. Although it took a few searches to find what I was looking for, I finally found my answer. When undergoing my first search for comments, I found many discussions about stress and coping methods but completely disregarded the nursing factor, they

were just talking about stress in general. Within another search I was finding nurse stressors but they were in a discussion of people joking about what nurses deal with and therefore wasn't an actual discussion with reliable information. It took a few different searches to find legitimate discussions about nursing stressors and coping methods of personal experiences and advice. When encountering the discussion about people joking about the stress of nurses, it really encouraged me more to dig deeper into this study to help spread awareness of how mentally difficult the medical field actually is and to encourage others to have sympathy towards your nurses as they carry a lot on their shoulders day in and day out.

Results:

The chart below gives the most relevant comments from each category of my research using all three subreddits.

Reddit Comment Number and Category [5]	Subreddit r/nursing and r/StudentNurse Comments
r/nursing Comment #1 Category: Coping Methods	From *invisibledot1,* "I drink a lot of alcohol. All joking aside most of my fellow ER nurses drink a lot"
r/nursing Comment #2 Category: Coping Methods	From *Livingontherock,* "I work at a purely psych facility and their key to mental health for staff is pretty much non existent."
r/nursing Comment #3 Category: Nursing Stressors	From *PeppersPoops,* "Increased patient load during flu season. Lack of organization Lack of communication Poor team mates No mental health days"
r/nursing Comment #4 Category: Nursing Stressors	From *Kez1a,* "Violence or threat of violence (physical and/or verbal) towards self/ coworkers from patients."

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r/StudentNurse Comment #1 Category: Student Nursing	"Life at the hospital, thankfully, bears no resemblance to the nursing school experience. Get through it as best you can and put it behind you. I work in the OR and really love my job. Glad I survived nursing school."
r/StudentNurse Comment #2 Category: Student Nursing	From *Budgieloverr;*"A Rollercoaster of emotions."
r/Nurse Comment #1 Category: Personal Relationships	From *tourniquetthetaint,* "Those in a relationship with a nurse can't fully understand all that we deal with and go through because they aren't nurses. Add that to the fact that we also can't talk about it with them, and even though they try to understand, they eventually bear our burdens as a byproduct of it."
r/Nurse Comment #2 Category: Personal Relationships	From *yvonneuhhcide,* "While working night shift, my boyfriend of 6 years (ex) cheated on me with a girl he met on POF.. that I found out about. I am sure there were more."
r/Nurse Comment #3 Category: Personal Relationships	From *A_lovesunshine,* "My job has me coming home late all the time & is always changing my schedule. He would start googling "do nurses cheat? " & eventually started accussing me of cheating. The good thing was that I worked with my mom so she was able to fend for me. The stress of being a nurse & having to pay high loans in such a shitty job market eventually took a toll on our relationship. He saw I hated my job & didn't want me to work anymore but because of my debt I had to work. Im always too exhausted to do anything & we ended up splitting."

After researching and finding these comments, my research question is no longer a question and now more like a realization. Among all career paths, medical is one of the highest rated careers that develop anxiety, PTSD and depression. Between balancing their work stress and trying their

best to cope with it in many different ways, or not knowing how to cope with it, they bring this

stress home to their partners which in the end causes more stress factors to develop.

Reflection:

Work Cited:

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