

عنوان مقاله:

Health-promoting behaviors status of nurses during COVID-۱۹ pandemic: A case of southern Iran

محل انتشار:

هفتمین همایش ملی تحقیقات میان رشته ای در مدیریت و علوم پزشکی (سال: 1402)

تعداد صفحات اصل مقاله: 13

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خلاصه مقاله:

Background: One of the most important indicators of people's health in the pandemic of coronavirus (COVID-۱۹) is their health-promoting behaviors. This study was conducted to investigate the status of health-promoting behaviors of nurses in teaching hospitals in southern Iran during the COVID-۱۹ pandemic. Materials and Methods: This cross-sectional descriptive-analytical study was conducted on ۳۴۰ nurses of teaching hospitals of Shiraz University of Medical Sciences in ۲۰۲۱. Data were collected through a standard health-promoting lifestyle questionnaire that was designed in ۱۰ dimensions (physical health, exercise and wellbeing, weight and nutrition control, disease prevention, psychological health, spiritual health, social health, avoiding medicines and drugs, preventing incidents and environmental health) with totally ۷۰ questions. Data were analyzed using descriptive statistics, T-test, ANOVA, Pearson correlation coefficient by SPSS۲۳ at a significance level of $\alpha=0.05$. Results: The mean score of total health-promoting behaviors was evaluated to be 3.48 ± 1.12 , which is in a moderate range. Spiritual health (4.62 ± 1.29) had the highest and that of exercise and wellbeing (2.38 ± 1.38) had the lowest mean score. There was a positive and significant correlation between all components of health-promoting behaviors ($P < 0.05$). There was a significant difference between health-promoting behaviors with demographic variables like gender ($P = 0.01$), marital status ($P = 0.03$), and educational level ($P = 0.03$). Conclusion: Nurses' health-promoting behaviors were at a "moderate" level, by continuing the condition of the pandemic, it is recommended to the health policymakers to prepare a more supportive work environment considering educational interventions with an emphasis on exercise and wellbeing.

کلمات کلیدی:

Health-Promoting Behaviors, Nurses, Hospital, Coronavirus, COVID-۱۹

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