**Managing Stress in Nursing**

**Introduction**

Stress among nurses affects the operations of nurses negatively. This article focuses on addressing how nursing stress affects job performance of nurses. The article is named “Nursing stress and patient care.” The article is located in the peer-reviewed Journal of Advanced Nursing. American researchers write the article. Keywords in the journal include protocol, physiology, acute healthcare and momentary analysis.

**Theme of the article**

This research article explores the relationship that exists between stress among nurses and the performance of the nurses. The authors try to emphasize that occupational stress among nurses reduces their effectiveness of handling patients.

**Climate of healthcare when article was written**

The research article was written in 2012. The healthcare sector in 2012 was characterized by immense amendments in the country’s health sector. The country experienced modernizations in the healthcare sector. The increased population level in 2012 imposed a lot of pressure on the provision of healthcare services by nurses.

**Significance of the article**

The article helps readers to understand the healthcare situation that was experienced in 2012. The article states that the healthcare environment in 2012 imposed a lot of pressure on nurses hence the high level of occupational stress observed among them. The article helps readers to understand the current situation in the healthcare sector since it states the impact that the modernization of the sector has on the country. The findings of the article help in establishing appropriate interventions towards occupational stress among nurses.

**Important information from the article that can be used to improve the nursing profession**

The article indicates various occupational stress causes that can be avoided by nurses in their work. Poor social skills among nurses result in poor relations between them and patients. Nurses should improve their social skills so that they can be able to associate well with patients. The article further indicates that advanced training in nursing will improve the provision of healthcare services by nurses.

**Reference**

Barbara Farquharson, Cheryl Bell, Derek Johnston, Martyn Jones, Pat Schofield, Julia Allan, Ian Ricketts, Kenny Morrison & Marie Johnston (22 December, 2012). *Nursing stress
and patient care: real-time investigation of the effect of nursing tasks and demands on
psychological stress, physiological stress, and job performance: study protocol*. Journal of Advanced Nursing