



BACKGROUND

- Palliative care nurses face emotionally intense situations (e.g., patient death, complex family issues, high workloads).
- These stressors can lead to burnout, emotional exhaustion, and compassion fatigue, sometimes leading to nurses leaving their jobs.
- Professional quality of life (ProQoL) which includes compassion satisfaction, burnout, and secondary traumatic stress, is closely influenced by how nurses cope with these stressors.
- Coping types:
 1. Problem-focused,
 2. Emotion-focused,
 3. Support-seeking,
 4. Meaning-focused
 5. Avoidance.



Stressors and Coping Strategies Among Nurses in Palliative Care: A Literature-Based Synthesis

AIM

To explore coping strategies among palliative care nurses and how they relate to professional quality of life.

METHODS

A mixed-method systematic review was conducted in CINAHL, MEDLINE, PsycINFO, and Web of Science. 17 peer-reviewed studies in palliative or end-of-life care settings were included. Deductive content analysis was guided by Carver's coping typology and Stamm's ProQOL framework.

CONCLUSION

- Coping strategies strongly impact nurses' emotional well-being and professional quality of life.
- Encouraging adaptive, reflective, and peer-supported coping in palliative care is essential for sustaining mental health.



RESULTS

Coping strategies, classified according to Carver's typology, indicated that nurses primarily rely on problem-focused, emotion-focused, and support-seeking approaches. While meaning-focused coping also contributed through purpose and spiritual reflection. Avoidance strategies appeared less adaptive but were still reported. All studies indicated that adaptive coping strategies were significantly associated with professional quality of life among nurses working in palliative care.

