

USING TAIWAN'S SPECIAL SHRIMP FISHING CULTURE TO IMPROVE THE RESILIENCE OF ONCOLOGY WARD NURSES TO SECURE QUALITY CARE FOR PATIENTS

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Introduction

Shrimp fishing culture became popular in Taiwan in the early 1980s. This activity, aligning well with the urban working class's pace, demands intense focus and is less affected by external factors like weather, compared to other outdoor leisure activities. The study explores how shrimp fishing can be an effective stress-reliever and applied in nursing practice to improve mental health and work efficiency of nurses in oncology wards, ultimately enhancing patient care quality.

Methods

The study, conducted from September 2022 to September 2023, involved 20 nurses from a regional teaching hospital. It utilized the Taiwanese Depression Scale and Nursing Work Stress Scale, along with patient satisfaction surveys in the wards. Nurses in oncology wards often face physical and mental exhaustion due to the challenging nature of cancer care. The depression rate among nurses was as high as 80.2%, with 59.1% not engaging in leisure activities, leading to increased post-work stress and only 60% patient satisfaction in wards. To address this, the hospital welfare committee established an inhouse shrimp fishing club, a popular leisure activity in Taiwan since the 1980s, suited to urban settings and busy schedules. The club, organizing bi-monthly shrimp fishing events, encouraged staff to let go of self-imposed limits and enter a focused, peaceful state of self-recovery, thereby improving mental health.

AIM Statement

- At least one shrimp fishing activity bi-monthly.
- In 2023, the efficiency of evaluating the Taiwan Depression Scale can be decreased to under 60%.

Result

After six club activities and reassessment, the depression rate among the 20 participants dropped from 80.2% to 40.3%. Satisfaction with the club reached 95%, and patient satisfaction in the oncology ward increased to 96%. The findings suggest that participation in leisure activities significantly improves healthcare professionals' mental and physical health and resilience, thus enhancing job satisfaction, medical quality, and patient wellbeing.

Discussion

The results of this study highlight the effectiveness of integrating leisure activities and cultural traits to bolster the resilience and overall well-being of nursing professionals.

References

Baskin, R. G., & Bartlett, R. (2021). Healthcare worker resilience during the COVID-19 pandemic: An integrative review. *Journal of Nursing Management*, 29(8), 2329-2342

Activity



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