



Assessment of nurses' quality of working life

Avaliação da qualidade de vida profissional dos enfermeiros

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ABSTRACT

CONTEXT: Nursing care is a stressful and stressful activity, in addition to requiring constant updating and manual skills, permanent collection of responsibilities, maintaining a good relationship with the clientele and the multiprofessional team, submitting to policies of restriction to its performance with the lack of human and material resources. Therefore, their quality of life at work can suffer several influences, such as interpersonal relationships, satisfaction with remuneration, recognition and appreciation with the activity developed. Likewise, factors external to the work environment such as personal life, health, leisure and emotional state are also related to the quality of life at work. **OBJECTIVE:** To evaluate the quality of life at work of nurses working in a tertiary hospital. **METHODOLOGY:** A descriptive, observational, cross-sectional study was carried out in 2022 to evaluate nurses' professional living conditions through an easy-to-apply test with cross-cultural validation, the Nurse Quality of Work Life Index (IQVTE), which is based on four dimensions: and institutional recognition; working conditions,



safety and remuneration; professional identity and image and integration with the team, as well as a questionnaire prepared by the researchers to collect sociodemographic information in the period from August 2022 to July 2022. **RESULTS:** The mean value assigned to the IQVTE was 7.77, classified as unsatisfactory. The dimension Working conditions, safety and remuneration was the one with the lowest average. More than 90% of the participants declared dissatisfaction with remuneration. Of these, 16.32% reported having been diagnosed with depression after entering the work in the nursing area. **CONCLUSIONS:** Factors such as working conditions and remuneration have direct repercussions on the quality of professional life of nurses and will reflect on the health of nurses and the care they provide.