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Surviving chaos : predictors of occupational stress and well-being in emergency nurses

Adriaenssens, J.

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Author: Adriaenssens, Jozef M.L.

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Stellingen behorend bij het proefschrift

“Surviving Chaos.

Predictors of Occupational Stress and Well-Being in Emergency Nurses”

1. In contrast to other professions, reduction of job demands is not a good target for occupational health interventions in emergency nurses
2. Emergency nurses should be screened on their goal orientation to ensure a good person-environment fit.
3. The Job-Demand-Control model is insufficient to explain wellness-health outcomes in emergency nurses.
4. Turnover prevention in emergency nurses is not high enough on the agenda of nursing management.
5. There are limits to screening of determinants of occupational health in employees.
6. The development of nurse-specific measures for determinants and some outcomes of occupational health is an important target for the future.
7. The formal use of Critical Incident Stress Debriefing (CISD), as proposed by Mitchell, is incorrect in ER-nurses.
8. People who write a doctorate thesis next to a busy job need a health coach.
9. Making music/singing is an adequate stress management strategy.
10. As micro-organisms determine unhealthy eating behavior, biological interventions should complement behavioral interventions in the future.