Introducing Job Stress: A Continuing Education Program for Today’s Nurse

A free online continuing education program on causes, impacts, and prevention strategies to deal with job stress

“Many nurses accept stress as ‘part of the job.’ This ingrained cultural perception in the healthcare environment is often reinforced by organizational policies. Developing a healthy work environment requires a concentrated effort. Empowering nurses and educating healthcare administrators is a first step.”

Program Instructor
Barbara Mawn, PhD, RN
UMass Lowell Nursing Professor

Nearly 75% of nurses are concerned about acute and chronic effects of stress and overwork. (American Nurses Association, 2011)

“I really enjoyed the modules! As a new-grad nurse, I am experiencing all of these areas of stress for the first time. It was great to see theoretical models and solutions on the topic.”

Elisabeth M, UMASS Lowell Nursing Graduate

About this program
The online program consists of 4 modules to educate nurses on the latest research on job stress concepts, stressors in the healthcare workplace, the impact of stress on nurses and patients, and coping and prevention strategies at the individual and organizational level. Materials were developed by faculty at UMass Lowell Departments of Work Environment, Nursing, and Community Health and Sustainability.

- Earn continuing education credits—This program meets the MA Board of Registration in Nursing requirements for 4 contact hours.
- Assess your workplace and health behaviors—Identify sources of stress in your work environment; understand how stress impacts quality of care, as well as your own physical and mental health.
- Learn coping and prevention strategies—Stress reduction in the workplace must focus on both individuals and the organization.

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