

PROFESSIONAL QUALITY OF LIFE, BURNOUT AND SOCIAL SUPPORT AMONG HUNGARIAN PALLIATIVE NURSES

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OBJECTIVES

Hospice-palliative nurses face continuous emotional demands that may influence their professional quality of life. Understanding the balance between compassion satisfaction, burnout, and social support is vital for workforce resilience. Empirical data from Hungary are limited.

METHODS

Our cross-sectional study included 100 Hungarian hospice and palliative care nurses with at least one year of experience. Data were collected using a self-developed questionnaire and the ProQOL scale, covering sociodemographic factors, work characteristics, and professional support. Analyses were conducted with SPSS 28.0 using standard statistical tests ($p < 0.05$), and ethical approval was granted (BM/13753-3/2025).

RESULTS

Based on the results of the study, the professional quality of life of nurses working in hospice-palliative care showed an overall favorable picture. Table 1 illustrates the sociodemographic and professional characteristics of the sample, indicating that the majority of respondents were female (87%), with a mean age of nearly 49 years, and considerable professional experience in both nursing and hospice care. Among work-related factors, work schedule ($p = 0.015$; $p = 0.034$) and shift length ($p = 0.03$) had a significant impact on job satisfaction and compassion satisfaction. Love of the profession proved to be of outstanding importance, as it showed a strong positive relationship with the positive dimensions of professional quality of life ($p < 0.001$) and acted as a protective factor against psychological burden (Table 2). Professional experience showed a weak but significant negative correlation with job satisfaction ($r = -0.22$; $p = 0.027$) (Figure 1). Among professional support systems, only supervision showed a significant association with compassion satisfaction ($p = 0.04$) (Figure 2).

CONCLUSIONS

The professional quality of life of hospice-palliative nurses is shaped by work conditions (setting, shifts, schedule). A positive attitude and regular supervision help reduce burnout and improve satisfaction.

CATEGORY	VARIABLE	RESULT
SOCIODEMOGRAPHIC DATA	GENDER	87% FEMALE
	MEAN AGE	49,17 YEARS ($\pm 9,35$)
	EDUCATION LEVEL	67% SECONDARY; 33% HIGHER EDUCATION
PROFESSIONAL CHARACTERISTICS	NURSING EXPERIENCE	23,65 YEARS ($\pm 13,09$)
	HOSPICE EXPERIENCE	7.87 YEARS ($\pm 7,48$)
	FIELD OF CARE	65% HOME HOSPICE; 27% HOSPICE WARD; 8% OTHER
TRAINING DATA	HOSPICE TRAINING	61% BASIC COURSE; 15% SPECIALIST NURSE TRAINING; 13% OTHER
	TRAINING FREQUENCY	HOSPICE: 1/YEAR; OTHER HEALTHCARE: 2/YEAR

Table 1. Sociodemographic and Training Characteristics

DIMENSION	WORK SCHEDULE (P-VALUE)	SHIFT LENGTH (P-VALUE)
JOB SATISFACTION	<u>0.015</u>	<u>0.03</u>
COMPASSION SATISFACTION	0.034	<u>0.03</u>
EMOTIONAL EXHAUSTION	0.23	0.47
SECONDARY TRAUMATIZATION	0.93	0.15
BURNOUT	0.27	0.66

Table 2. Combined Table – Effects of Work Schedule and Shift Length on Professional Quality of Life

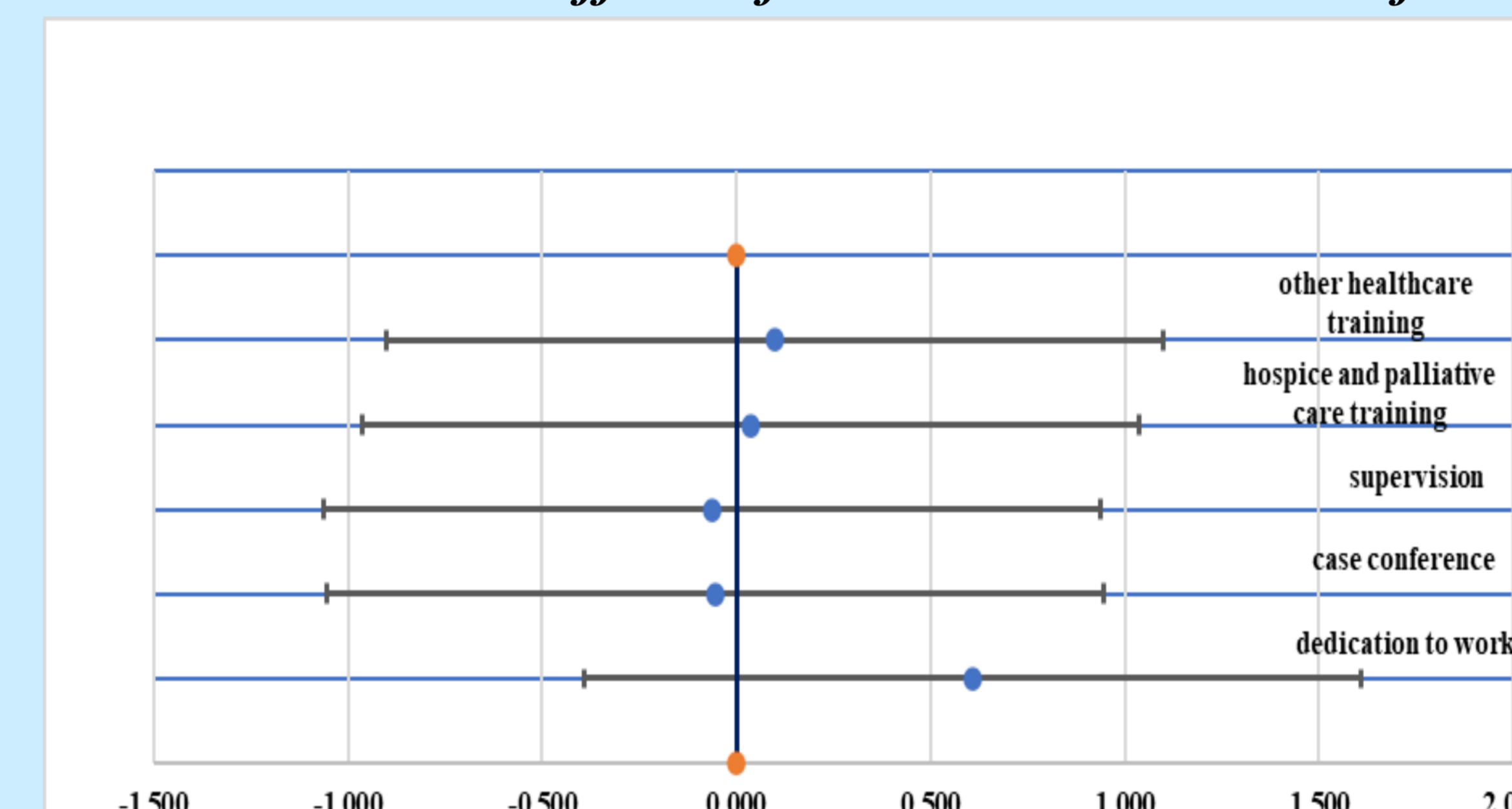


Figure 1. Standardized regression coefficients of factors explaining job satisfaction

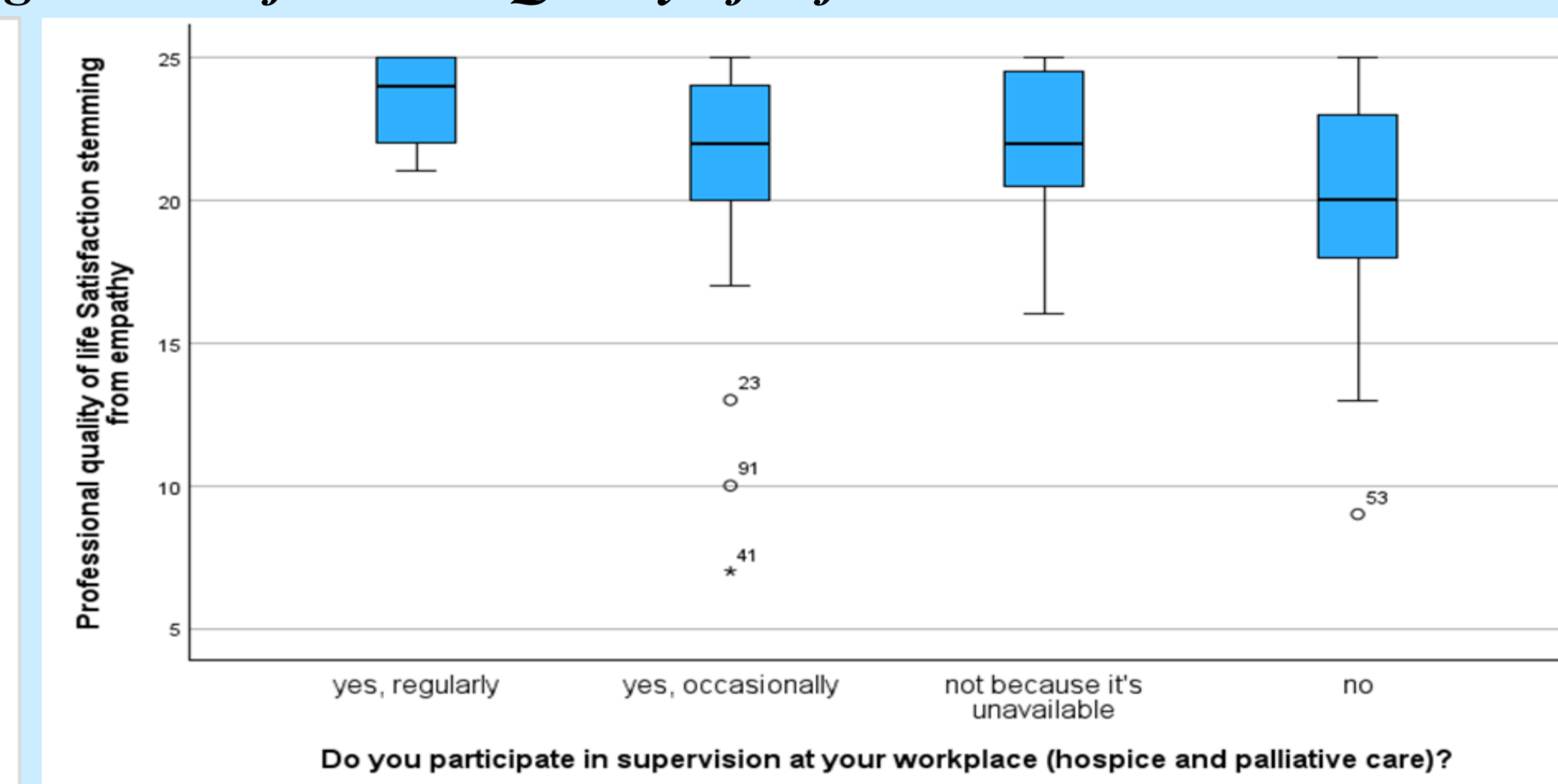
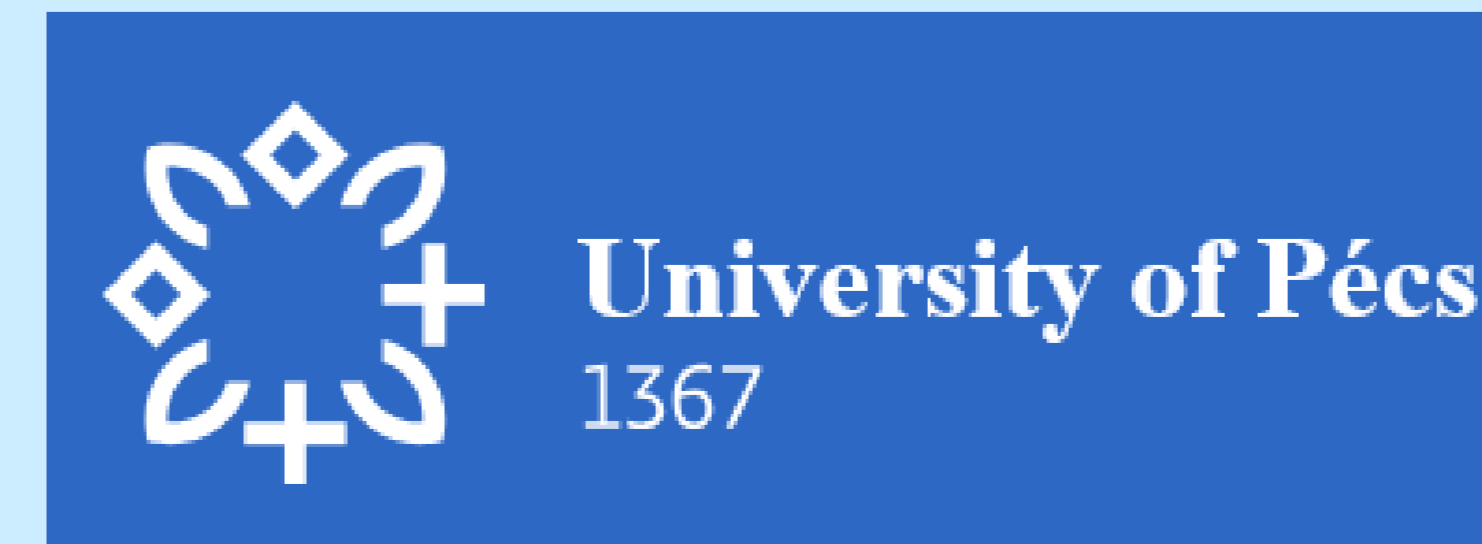


Figure 2. Professional quality of life satisfaction resulting from compassion examined based on participation in supervision



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