

ENHANCING RESILIENCE AND MENTAL WELL-BEING AMONG PAEDIATRIC NURSES: A SYSTEMATIC REVIEW OF EFFECTIVE STRATEGIES AND IMPLEMENTATION CHALLENGES

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OBJECTIVES

This systematic review examined strategies designed to enhance resilience and mental well-being among paediatric nurses and explored barriers to their implementation

METHODS

The review protocol was registered with PROSPERO (CRD42024537933) and followed PRISMA guidelines. Comprehensive searches were conducted across Scopus, Web of Science, Medline, Embase, CINAHL, PubMed, and Google Scholar. Eligible studies included quantitative, qualitative, and mixed-methods research focusing on resilience-building strategies among paediatric nurses. The Mixed Methods Appraisal Tool (MMAT) was used for quality assessment. Data were synthesized through qualitative content analysis

RESULTS

From 990 records, six studies met the inclusion criteria. Four key strategies were identified: mindfulness practices, education workshops, mobile health (mHealth) applications and Employee Assistance Programs (EAPs). Mindfulness interventions improved emotional regulation and resilience; education workshops reduced stress and promoted coping; mHealth apps offered flexible support but faced digital literacy barriers; EAPs provided counselling but showed limited uptake. Key implementation challenges included time constraints, workload, limited managerial support, and sustainability issues.

CONCLUSIONS

Resilience-enhancing interventions such as mindfulness practices, education workshops, mHealth applications and EAPs appear promising for improving the well-being of paediatric nurses. However, the current evidence base is limited and diverse, meaning these strategies should be considered provisional and applied with caution. Future multicentre longitudinal research is needed to establish their sustained effectiveness and develop interventions that are sustainable and easily integrated into paediatric healthcare practice.

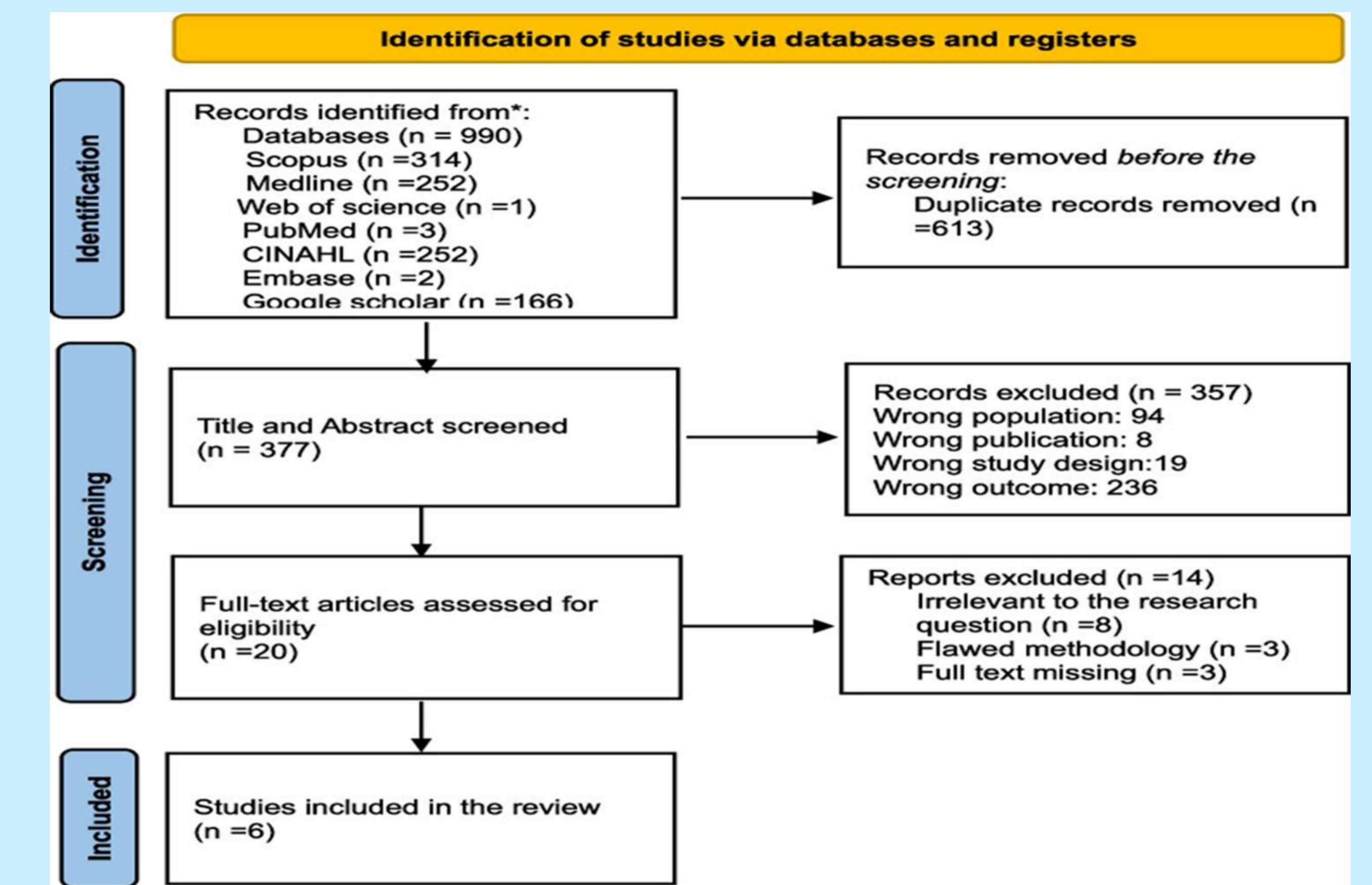


Figure 1
PRISMA Diagram

Table 1.
Effective Resilience Strategies

Strategy	Outcome
Mindfulness Practices	Improved emotional regulation
Education workshops	Increased morale, compassion satisfaction, and empowerment
mHealth apps	Provided flexibility to resilience training
EAPs	Improved communication and perceived psychological support

Table 2.
Implementation Challenges

Strategy	Challenge
Mindfulness practices	Require consistency and long-term practice
Education workshops	Scheduling and participation barriers
mHealth apps	Technological barriers
EAPs	Low program uptake and limited integration into workplace culture

❖ Mindfulness practices appear to be most effective at present



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49

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