Depressive symptoms among nursing technicians in a public hospital unit in the city of Campos dos Goytacazes/RJ

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The work of nursing technicians in hospital units can result in profound impacts on the mental health of these workers, as it involves an exhausting and tiring routine, in addition to an unstable, hectic environment and with intensive tasks. Frequent exposure to these stressors compromises health interferes with productivity levels and can compromise patient safety. Thus, this study aimed to identify depressive symptoms among nursing technicians in a public hospital unit in the city of Campos dos Goytacazes. This is a descriptive, exploratory study with a quantitative approach. It was carried out in a public reference hospital in the municipality of Campos dos Goytacazes, located in the interior of the state of Rio de Janeiro. The sample was selected for convenience, including nursing technicians working in the unit where the study was conducted. Those who were on vacation, sick leave, or maternity leave at the time of data collection were excluded. The data collection instrument consisted of a questionnaire of sociodemographic and occupational characterization of the subjects, followed by the Beck Depression Inventory. The data were analyzed using descriptive statistics using the SPSS software, version 20.0. 42 professionals participated in this study, most of them female (83.3%), with an average age of 48.4 years (SD = 9.5 years), married (41.5%), with an average length of experience in nursing for 22.6 years (SD = 9.1 years), working 24-hour shifts weekly (87.2%) and working in critical areas (57.5%). Mild and moderate depressive symptoms were identified in 43.5% of nursing technicians. It is concluded that these professionals are frequently exposed to stressors considered to be risk factors for mental illnesses and that the implementation of screening actions is essential for the promotion of workers' health, for safety, and for the quality of care provided to patients.

Keywords: Depression. Nurse practitioners. Stress psychological.