

Nurses' self-care strategies: A mapping review

Complete search strategies

MEDLINE (PubMed)

((("Self Care"[Mesh] OR "Mental Health"[Mesh] OR "Mindfulness"[Mesh] OR "Stress, Psychological"[Mesh] OR "Burnout, Psychological"[Mesh] OR "Burnout, Professional"[Mesh] OR "Resilience, Psychological"[Mesh] OR Self-care[tiab] OR health[tiab] OR wellbeing[tiab] OR well-being[tiab] OR psychological-empowerment[tiab] OR mindfulness[tiab] OR stress[tiab] OR burnout[tiab] OR psychosocial-risks[tiab] OR lifestyle[tiab] OR resilience[tiab]) AND ("Health Behavior"[Mesh] OR "Attitude of Health Personnel"[Mesh] OR behavior*[tiab] OR method*[tiab] OR strateg*[tiab] OR attitude*[tiab] OR cope[tiab] OR coping[tiab])) AND ("Nurses"[Mesh] OR Nurs*[tiab]) AND ("Job Satisfaction"[Mesh] OR "Personnel Turnover"[Mesh] OR "Return to Work"[Mesh] OR "Work Engagement"[Mesh] OR "Work Performance"[Mesh] OR "Workload"[Mesh] OR "Personnel Loyalty"[Mesh] OR "Absenteeism"[Mesh] OR "Presenteeism"[Mesh] OR Intent-to-stay[tiab] OR intention-to-stay[tiab] OR intended-to-stay[tiab] OR Intent-to-leave[tiab] OR intention-to-leave[tiab] OR intended-to-leave[tiab] OR job-satisfaction[tiab] OR workforce-trends[tiab] OR workforce-attrition[tiab] OR workforce-retention[tiab] OR professional-attrition[tiab] OR professional-retention[tiab] OR continue-to-practice[tiab] OR continuing-to-practice[tiab] OR continued-to-practice[tiab] OR continue-to-work[tiab] OR continuing-to-work[tiab] OR continued-to-work[tiab] OR career-intention*[tiab] OR turnover[tiab] OR quality-of-work-life[tiab] OR work-engagement[tiab] OR absenteeism[tiab] OR presenteeism[tiab]))

Embase (Elsevier)

((('self care'/de OR 'health'/de OR 'wellbeing'/de OR 'psychological health'/de OR 'psychological health'/de OR 'mindfulness'/de OR 'mental stress'/de OR 'mental stress'/de OR 'professional burnout'/de OR 'psychosocial risk'/de OR 'resilience'/de OR Self-care:ti,ab OR health:ti,ab OR wellbeing:ti,ab OR well-being:ti,ab OR psychological-empowerment:ti,ab OR mindfulness:ti,ab OR stress:ti,ab OR burnout:ti,ab OR psychosocial-risks:ti,ab OR lifestyle:ti,ab OR resilience:ti,ab) AND ('behavior'/de OR 'health behavior'/de OR 'health personnel attitude'/de OR behavior*:ti,ab OR method*:ti,ab OR strateg*:ti,ab OR attitude*:ti,ab OR cope:ti,ab OR coping:ti,ab)) AND ('nurse'/de OR Nurs*:ti,ab) AND ('job satisfaction'/de OR 'absenteeism'/de OR 'presenteeism'/de OR 'return to work'/de OR 'quality of working life'/de OR 'work engagement'/de OR 'job performance'/de OR 'personnel management'/de OR 'attrition'/de OR 'retention'/de OR Intent*-to-stay:ti,ab OR Intent*-to-leave:ti,ab OR job-satisfaction:ti,ab OR workforce-trends:ti,ab OR workforce-attrition:ti,ab OR workforce-retention:ti,ab OR professional-attrition:ti,ab OR professional-retention:ti,ab OR continu*-to-practice:ti,ab OR continu*-to-work:ti,ab OR career-intention*:ti,ab OR turnover:ti,ab OR quality-of-work-life:ti,ab OR work-engagement:ti,ab OR absenteeism:ti,ab OR presenteeism:ti,ab))

CINAHL (EBSCO)

(MH("Self Care" OR "Mental Health" OR "Psychological Well-Being" OR "Mindfulness" OR "Stress" OR "Burnout, Professional" OR "Hardiness") OR TI(Self-care OR health OR wellbeing OR

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well-being OR psychological-empowerment OR mindfulness OR stress OR burnout OR psychosocial-risks OR lifestyle OR resilience) OR AB(Self-care OR health OR wellbeing OR well-being OR psychological-empowerment OR mindfulness OR stress OR burnout OR psychosocial-risks OR lifestyle OR resilience)) AND (MH("Health Behavior" OR "Attitude of Health Personnel") OR TI(behavior* OR method* OR strateg* OR attitude* OR cope OR coping) OR AB(behavior* OR method* OR strateg* OR attitude* OR cope OR coping)) AND (MH("Nurses") OR TI(Nurs*) OR AB(Nurs*)) AND (MH("Job Satisfaction" OR "Personnel Retention" OR "Personnel Turnover" OR "Work Engagement" OR "Workload" OR "Personnel Loyalty") OR TI(Intent*-to-stay OR Intent*-to-leave OR job-satisfaction OR workforce-trends OR workforce-attrition OR workforce-retention OR professional-attrition OR professional-retention OR continu*-to-practice OR continu*-to-work OR career-intention* OR turnover OR quality-of-work-life OR work-engagement OR absenteeism OR presenteeism) OR AB(Intent*-to-stay OR Intent*-to-leave OR job-satisfaction OR workforce-trends OR workforce-attrition OR workforce-retention OR professional-attrition OR professional-retention OR continu*-to-practice OR continu*-to-work OR career-intention* OR turnover OR quality-of-work-life OR work-engagement OR absenteeism OR presenteeism))

Scopus (Elsevier)

(TITLE-ABS((Self-care OR health OR wellbeing OR well-being OR psychological-empowerment OR mindfulness OR stress OR burnout OR psychosocial-risks OR lifestyle OR resilience) AND (behavior* OR method* OR strateg* OR attitude* OR cope OR coping))) AND (TITLE-ABS(Nurs*)) AND (TITLE-ABS(Intent*-to-stay OR Intent*-to-leave OR job-satisfaction OR workforce-trends OR workforce-attrition OR workforce-retention OR professional-attrition OR professional-retention OR continu*-to-practice OR continu*-to-work OR career-intention* OR turnover OR quality-of-work-life OR work-engagement OR absenteeism OR presenteeism))

Web of Science

TS=(((Self-care OR health OR wellbeing OR well-being OR psychological-empowerment OR mindfulness OR stress OR burnout OR psychosocial-risks OR lifestyle OR resilience) AND (behavior* OR method* OR strateg* OR attitude* OR cope OR coping)) AND (Nurs*) AND (Intent*-to-stay OR Intent*-to-leave OR job-satisfaction OR workforce-trends OR workforce-attrition OR workforce-retention OR professional-attrition OR professional-retention OR continu*-to-practice OR continu*-to-work OR career-intention* OR turnover OR quality-of-work-life OR work-engagement OR absenteeism OR presenteeism)) OR TI=(((Self-care OR health OR wellbeing OR well-being OR psychological-empowerment OR mindfulness OR stress OR burnout OR psychosocial-risks OR lifestyle OR resilience) AND (behavior* OR method* OR strateg* OR attitude* OR cope OR coping)) AND (Nurs*) AND (Intent*-to-stay OR Intent*-to-leave OR job-satisfaction OR workforce-trends OR workforce-attrition OR workforce-retention OR professional-attrition OR professional-retention OR continu*-to-practice OR continu*-to-work OR career-intention* OR turnover OR quality-of-work-life OR work-engagement OR absenteeism OR presenteeism)) OR AB=(((Self-care OR health OR wellbeing OR well-being OR psychological-empowerment OR mindfulness OR stress OR burnout OR psychosocial-risks OR lifestyle OR resilience) AND (behavior* OR method* OR strateg* OR attitude* OR cope OR coping)) AND (Nurs*) AND (Intent*-to-stay OR Intent*-to-leave OR job-satisfaction OR

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workforce-trends OR workforce-attrition OR workforce-retention OR professional-attrition OR professional-retention OR continu*-to-practice OR continu*-to-work OR career-intention* OR turnover OR quality-of-work-life OR work-engagement OR absenteeism OR presenteeism))

PsycINFO (EBSCO)

(DE("Self-Care" OR "Self-Care Skills" OR "Self-Compassion" OR "Physical Health" OR "Emotional Health" OR "Mental Health" OR "Well Being" OR "Mindfulness" OR "Stress" OR "Psychological Stress" OR "Occupational Stress" OR "Resilience (Psychological)") OR TI(Self-care OR health OR wellbeing OR well-being OR psychological-empowerment OR mindfulness OR stress OR burnout OR psychosocial-risks OR lifestyle OR resilience) OR AB(Self-care OR health OR wellbeing OR well-being OR psychological-empowerment OR mindfulness OR stress OR burnout OR psychosocial-risks OR lifestyle OR resilience)) AND (DE("Health Behavior" OR "Health Personnel Attitudes") OR TI(behavior* OR method* OR strateg* OR attitude* OR cope OR coping) OR AB(behavior* OR method* OR strateg* OR attitude* OR cope OR coping)) AND (DE("Nurses" OR "Nursing") OR TI(Nurs*) OR AB(Nurs*)) AND (DE("Job Satisfaction" OR "Employee Absenteeism" OR "Employee Engagement" OR "Work (Attitudes Toward)" OR "Job Performance") OR TI(Intent*-to-stay OR Intent*-to-leave OR job-satisfaction OR workforce-trends OR workforce-attrition OR workforce-retention OR professional-attrition OR professional-retention OR continu*-to-practice OR continu*-to-work OR career-intention* OR turnover OR quality-of-work-life OR work-engagement OR absenteeism OR presenteeism) OR AB(Intent*-to-stay OR Intent*-to-leave OR job-satisfaction OR workforce-trends OR workforce-attrition OR workforce-retention OR professional-attrition OR professional-retention OR continu*-to-practice OR continu*-to-work OR career-intention* OR turnover OR quality-of-work-life OR work-engagement OR absenteeism OR presenteeism))

Google Scholar journal searches

1. "self-care" source:"American Journal of Critical Care"
2. "self-care" source:"American Journal of Nursing"
3. "self-care" source:"Asian Nursing Research"
4. "self-care" source:"Association of Perioperative Registered Nurses Journal"
5. "self-care" source:"Australian Critical Care"
6. "self-care" source:"Australian Nursing and Midwifery Journal"
7. "self-care" source:"Birth-Issues in Perinatal Care"
8. "self-care" source:"BMC Nursing"
9. "self-care" source:"The Canadian Journal of Nursing Research"
10. "self-care" source:"Cancer Nursing"
11. "self-care" source:"Clinical Journal of Oncology Nursing"
12. "self-care" source:"Clinical Simulation in Nursing"
13. "self-care" source:"Critical Care Nurse"
14. "self-care" source:"Dimensions of Critical Care Nursing"
15. "self-care" source:"European Journal of Oncology Nursing"
16. "self-care" source:"Geriatric Nursing"
17. "self-care" source:"Home Healthcare Nurse"
18. "self-care" source:"International Journal of Mental Health Nursing"

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19. "self-care" source:"International Journal of Nursing Studies"
20. "self-care" source:"International Journal of Stress Management"
21. "self-care" source:"International Nursing Review"
22. "self-care" source:"Journal for Nurses in Professional Development"
23. "self-care" source:"Journal of Advanced Nursing"
24. "self-care" source:"Journal of Cardiovascular Nursing"
25. "self-care" source:"Journal of Clinical Nursing"
26. "self-care" source:"Journal of Family Nursing"
27. "self-care" source:"Journal of Nursing Administration"
28. "self-care" source:"Journal of Nursing Management"
29. "self-care" source:"Journal of Nursing Scholarship"
30. "self-care" source:"Journal of PeriAnesthesia"
31. "self-care" source:"Journal of Psychiatric and Mental Health Nursing"
32. "self-care" source:"Journal of Radiology Nursing"
33. "self-care" source:"Journal of Tissue Viability"
34. "self-care" source:"Nephrology Nursing Journal"
35. "self-care" source:"Nurse Education Today"
36. "self-care" source:"Nursing Ethics"
37. "self-care" source:"Nursing Outlook"
38. "self-care" source:"Oncology Nursing Forum"
39. "self-care" source:"Qualitative Health Research"
40. "self-care" source:"Research in Nursing & Health"
41. "self-care" source:"Women and Birth"
42. "self-care" source:"Work"
43. "self-care" source:"Worldviews on Evidence-Based Nursing"