STRESS MANAGEMENT EDUCATION FOR HOSPITAL NURSES THROUGH AN EDUCATION BOOKLET

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SUMMARY

Background: *Work-related stress is a common problem among nurses due to high work demands, workload, understaffing, shift work, service demands, and complex or critical patient conditions. Poorly managed work-related stress may cause sleep disturbances, fatigue, anxiety, reduced concentration, decreased performance, lower quality of nursing care, and increased risks to patient safety. Rohita and Permana (2024), in a study involving 138 nurses, found a significant relationship between stress management and nurses' performance (p=0.001). One specific intervention that can be used in stress management is guided imagery. Deepika and Shilpa (2025) reported a reduction in job stress among nurses who received guided imagery, with the mean stress score decreasing from 125.85 to 79.94 and p<0.001.* ***Objective:*** *To develop a Communication, Information, and Education (KIE) booklet, SMART (Stress Management Strategies for Nurses), focusing on work-related stress among nurses and guided imagery as one specific stress-management strategy.* ***Methods:*** *The KIE project was developed through a literature review, identification and selection of materials, content preparation, booklet design using Canva, editing, and readability and acceptability testing of the media. This project focused on developing a KIE medium; therefore, it did not aim to test the effectiveness of guided imagery or the booklet and did not provide a direct intervention to nurses.* ***Results:*** *The SMART booklet was developed to provide information about work-related stress among nurses, sources of stress, signs and symptoms, impacts of stress on nurses, performance, quality of care, and patient safety, stress-management concepts, and practical guidance on guided imagery, including its definition, objectives and benefits, mechanism, and implementation steps.* ***Conclusion:*** *The SMART booklet was developed as a practical and systematic KIE medium to provide information about work-related stress among nurses and practical guidance on guided imagery as one specific strategy for managing work-related stress.*

Keywords: *work-related stress, nurses, stress management, guided imagery, booklet.*