



The Healthy Nursing Collaborative Workshop
Leading the way to healthier lives:
Helping nurses lead healthier lives and incorporate prevention
into day-to-day practice

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The Nursing workforce in Malta

- Malta is a **Southern European country**, consisting of an **archipelago** in the **Mediterranean Sea**.
- **3300 nurses** (within the Public Service and Public Sector).
- Common **shifts** worked are the **10 to 12 hours shift**.
- Shortage of about **600 nurses** - increased workload, unable to take vacation leave.
- They usually suffer from poor levels of health: increased risk for **non-communicable diseases (NCDs)**, **high prevalence of obesity**, **poor eating habits** and **insufficient physical activity**.

The Nursing workforce in Malta

Most nurses complain of:

- Musculoskeletal disorders
- Respiratory illnesses
- Common Mental health disorders – with most of these have relevance of personal and work-related factors
- Headaches
- Fatigue

Most nurses still go for work despite complaining of these ailments – with most of them arguing that they put their patients' health, safety, and wellness before their own.

(FIORINI, 2018)

The Nursing workforce in Malta

OUR WORK AS A UNION

Explored different avenues to help nurses lead healthier lives and incorporate prevention into day-to-day practice. Among our top goals are:

- Promoting a safe and ethical work environment.
- As far as possible ensuring optimal nurse staffing for safe and high-quality patient care and improving the health and wellness of nurses.
- Safeguard and ensure that safe work procedures are in place.
- Psychological assistance to members - be supported and helped to cope with the stresses of their occupation and enabled to resort to healthy coping mechanisms.

