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Latent profile analysis of the flourishing level among clinical nurses in tertiary hospitals

Background The characteristics of nursing work, such as high emotional commitment, high risk, and high intensity, result in nurses' lower mental health level compared to the general population. Nurses' mental health deserves attention. Current research mainly focus on nurses' psychological problems like anxiety and depression, and the heterogeneity among different nurse groups is not considered, making it difficult to implement tailored interventions. **Objective** This study aims to explore the level of the flourishing level among nurses in tertiary hospitals, and analyze their potential profiles as well as influencing factors, with the aim of providing a reference for enhancing nurses' flourishing level and formulating targeted intervention measures. **Methods** Convenience sampling method was adopted to select 1278 clinical nurses from 10 tertiary hospitals in Jiangsu Province. A general information questionnaire, the flourishing scale and nurses' self-care scale were used to accomplish the survey among the participants. Latent profile analysis was performed to identify the categories of nurses' flourishing level, and the influencing factors of the potential profiles were analyzed through univariate analysis and logistic regression analysis. **Results** The flourishing level of nurses in tertiary hospitals could be categorized into four potential categories: very high flourishing level group (30.83%), high flourishing level group (32.32%), medium flourishing level group (22.06%), and low flourishing level group (14.79%). The results of regression analysis showed that sleep quality, experience of workplace violence, relationship with coworkers, frequency of night shifts, marital status, the emergence of self-care awareness, knowledge of self-care, implementation of healthy lifestyle, occupational self-acceptance, and the inner-fulfillment were the factors influencing the potential categories of nurses' flourishing level in tertiary hospitals ($P < 0.05$). **Conclusion** There is potential heterogeneity in clinical nurses' flourishing level. Nursing managers need to implement targeted interventions according to the influencing factors of different potential profiles to improve nurses' flourishing level.

Keywords: Nurse, Heartiness, Self-care, Potential profiling, Influencing factors

Biography

- Female, RN, MD, Senior nurse practitioner, Teacher of international nursing students in Nanjing Medical University
- Holding a master's degree from Trinity College Dublin with a First Class Honours.
- Has presided 4 research projects at various levels
- Has published 4 papers, including 1 SCI paper.
- Main research areas: humanistic nursing, mental health and promotion, nursing management, and nursing education.