**Topic:** Challenges Faced by Nurses in The ICU Unit

P: ICU nurses

I: Physical and mental health status

C: Stress comparison between ICU nurses and medical surgical floor nurses

O: Stress and performance.

**PICO Question:** How does stress contribute to the mental and physical health of nurses in the ICU unit.

**Key words:**

1. ICU nurses
2. Mental / physical
3. Stress.

**From the list of Article below Write a 3 pages paper about**

* **How does stress affect the mental and physical health of nurses in the Intensive Care Unit (ICU) and their performance?**
  + **Stress and common causes of stress for nurses (200 words)**
  + **Types of Stress (Acute, Chronic and Episodic)**
    - Mental Stress (Main Focus) (170 words)
    - Physical Stress (Main Focus) (170 words)
* **How does physical and mental stress impact performances of ICU nurses (250 words)**
* **Please note Introduction is not necessary**
* **You can include maximum of 3 references not from this list to write the paper. It may be textbooks, journal article, or web**
* **APA 7th edition**

**Data base:** CINHAL

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