

# The Journey Beyond Borders: The Lived Experiences of First-Time Migrant Filipino Nurses Working in Rehabilitation Hospitals in Northern California

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## **Abstract**

Filipino nurses are essential for the U.S. healthcare system, without them, the system would face a significant shortage of nursing professionals. Due to the high demand for nursing professionals to fill shortages in other countries, the nursing sector has been a primary source of overseas Filipino workers. From 2004 to 2010, nurses comprised an average of 19% of all emigrating Filipino professional, medical, and technical workers. This study aimed to explore and better understand the lived experience of First-time Migrant Filipino Nurses, guided by the central question: How do the study participants describe their lived experiences of migration involving their cultural competencies and quality of care? The study used a qualitative descriptive phenomenology design and involved First-time Migrant Filipino Nurses working in rehabilitation hospitals in Northern California. Participants were selected using purposive sampling methods, which ensured that they met the specific criteria aligned with the research objectives. The study involved ten (10) participants who were interviewed via a face-to-face Zoom meeting with the help of an aide memoire. The data collected were analyzed using Collaizi's method, and verification procedures were performed through member checking. The study ensured the credibility of the research by observing reflexivity, bracketing, and resonance. The journey of Filipino nurses who migrate to other countries for better career opportunities is full of chances for professional growth and cultural enrichment. However, it can also present challenges in terms of cultural diversity among migrant nurses, which can affect their ability to understand and navigate the cultural nuances of their new environment.

## **Keywords**

Rehabilitation Hospitals, Migrant Filipino Nurses, Lived Experiences