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Question: Are nurses on a med-surg floor with a high patient-nurse ratio who live an unhealthy lifestyle and are sedentary at home more susceptible to burn out in the workplace compared to nurses who work on the same floor with the same conditions, but live a healthy lifestyle and are active?

Summary: Burnout, it is a term that many people within the healthcare community are experiencing right now, more specifically, nurses. Burnout is caused by repeated exposure to, a negative workplace environment, being overworked and underappreciated, and a high patient-nurse ratio (Kaple, 2021). According to Jordan (2016) nurses have many other things competing for their time, energy, and attention, which affects their ability to participate in living a healthy active lifestyle. When nurses reach burnout it can have negative effects in all aspects of their life and can sometimes cause harm to their patients.

Conclusion: To reduce the effects of burnout amongst nurses, hospitals and nurse managers can implement programs that identify, treat, and support nurses who are experiencing this. Nurses are the backbone within the healthcare system; thus, it is critical to prioritize their wellbeing to reduce turnover rates and to also foster a healthy and productive work environment. There are several steps nurses can take to reduce burnout on their own. According to Kaple (2019) nurses can do these things to decrease burnout; develop strong interpersonal relationships, set boundaries between work and personal life, get enough sleep, care for your physical and mental health, and seek out regular therapy or assistance programs. There are also many different ways hospitals can reduce burnout among nurses such as, training and improving communication skills, teamwork, spiritual programs, staff appreciation, and coping strategies (Aryankhesal et al.,

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2019). It is time we stop covering this problematic issue with a band-aid and start solving the problem to take care of our healthcare workers.

Work Cited:

Primary Article:

Jordan, T. R., Khubchandani, J., & Wiblishauser, M. (2016, November 1). *The impact of Perceived stress and Coping Adequacy on the health of NURSES: A Pilot Investigation*. Nursing research and practice. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5108847/>.

Secondary Article:

Kaple, T. (2021, August 4). *Top tips from nurses on dealing with burnout*. NurseJournal. <https://nursejournal.org/resources/tips-for-avoiding-nurse-burnout/>.

Tertiary Article:

Aryankhesal, A., Mohammadibakhsh, R., Hamidi, Y., Alidoost, S., Behzadifar, M., Sohrabi, R., & Farhadi, Z. (2019, July 31). *Interventions on reducing burnout in physicians and nurses: A systematic review*. Medical journal of the Islamic Republic of Iran. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6825380/>.