

JOURNAL 6

The journal this week related to the topic of nurse burnout rates in the hospitals nationwide. With a continual lack of registered nurses (RN) this leads to a shortage of preceptors available to orient new graduates or new hires onto the floors (Scammell, 2019). Due to this potential problem can result in higher burnout rates from constantly supervising and assessing nursing students and new nurses. A way to reduce nurse retention is by supporting the increased workload and ensuring the staff feels supported in practice (Scammell, 2019).

During class this week we discussed nursing burnout rates and how much it costs a unit to precept a new graduate nurse. I was able to grasp this concept very well and understand the feeling of burnout. I experienced burnout when doing home health with the geriatric population due to being overworked. As well as the stress of being alone when or if something goes wrong. I will say home health is not for baby nurses, meaning until you feel confident or comfortable in that role it probably would be best to stay in a work environment where you can call for help or second opinions from peers.

This week I am most proud that I consistently showed up to study group and gave my all for midterms. I was not successful in all of my exams but the effort and time put into the preparation hasn't seized even though senioritis is beginning.

I have learned for myself that it is crucial to have an outlet to relieve stress. Just this past week I have gotten back into CrossFit with my fiancé and it has been a great stress reducer. Prior to this week, sleep was my escape from stress not super healthy I am aware but sometimes easier said than done. I look forward to moving my body again and just allowing that time for myself to take a brain break.

Resource:

Scammell, J. (2019). The implications of nurse shortages. *British Journal of Nursing*, 28(3), 208. <https://doi-org.proxy.cc.uic.edu/10.12968/bjon.2019.28.3.208>