

Nursing Burnout: Literature Review

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Nursing Burnout

Nursing burnout can detrimentally affect not only nurses but patient care. It is imperative to find ways to curb burnout as much as possible to alleviate these problems. This literature review examines data concerning nursing burnout to help make conclusions and translate them into practice (Houser, 2018). More burnout could lead to a nursing shortage that would negatively affect patient care.

Gender, Marital Status, and Children as Risk Factors for Burnout in Nurses: A Meta-Analytic Study.

This article seeks to find correlations of burnout syndrome with sociodemographic risk factors (Cañadas-De La Fuente et al., 2018). Knowing who is at risk for burnout may help find and assist the individuals affected. It is imperative to study burnout correlations in nurses to understand the root of the issue better.

Key Points

Only articles using the Maslach Burnout Inventory were accepted to keep data uniform (Cañadas-De La Fuente et al., 2018). The article used meta-analysis in searching several studies as samples. Several databases such as Ovid, ProQuest, and CINAHL helped find relevant studies. The data showed that burnout was more likely for unmarried nurses, men, or without children. Significant correlations are present in gender and marital status with depersonalization. Child presence is significantly associated inversely with the emotional exhaustion and depersonalization of nurses. The p-values between gender are as follows: Emotional exhaustion

$p = 0.114$, depersonalization $p = 0.042$, and low personal accomplishment $p = 0.711$. The p -values between marital status are: Emotional exhaustion $p = 0.480$, depersonalization $p = 0.039$, and low personal accomplishment $p = 0.762$. The p -values correlating with having children are: emotional exhaustion $p = 0.003$, depersonalization $p = 0.036$, and low personal accomplishment $p = 0.703$. The authors conclude that these variables indicate prevention programs for nurses using interventions such as support groups to avoid burnout.

Assumptions

The authors have an assumption that sociodemographic factors may be more accurate in predicting burnout due to contradictory results in studies focusing on work experience, income, and hours worked (Cañadas-De La Fuente et al., 2018). The authors also assumed that a correlation existed between sociodemographic factors and nursing burnout. Lastly, the authors seem surprised that raising children may help prevent burnout, indicating that they assumed burnout would increase with having children.

Deficit/Conclusion

The authors are correct in their findings; they find significance with a p -value of 0.05 or less (Houser, 2018). The implications for this article may mean that nurses without children, divorced or single nurses, and male nurses may be more at risk for burnout (Cañadas-De La Fuente et al., 2018). If the nursing profession discards this article, burnout intervention may lose efficiency; the workforce and patient care may suffer.

Second article title here

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Key Points

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Assumptions

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Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

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Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles.

Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

References

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- Houser, J. (2018). *Nursing research: Reading, using and creating evidence: Reading, using and creating evidence* (4th ed.). Jones & Bartlett Learning.