

COVID-19 had over ten million confirmed cases in June 2020 and more than 500,000 deaths worldwide (Rosa et al., 2020). Healthcare workers are under much pressure with the urgent need for care due to COVID-19 and the shortage of personal protective equipment (Rosa et al., 2020). The statistics of nurses are 59% that comprise the healthcare workforce, and there are 28 million worldwide deliver about 90% of the healthcare services (Rosa et al., 2020). Nurses spend the majority of their time in contact with patients than another team person (Rosa et al., 2020). During the pandemic, nurses' personal lives have been impacted in several ways by the death or illness of loved ones (Rosa et al., 2020). Nurses have more burnout with more stress and fatigue makes the nurses feel more overwhelmed and exhausted (Rosa et al., 2020). The estimated burnout of nurses in the US ranges from 35% to 45% (Rosa et al., 2020). The burnout with nurses has led to job dissatisfaction, depression, and even suicidal ideation (Rosa et al., 2020). Out of everything I did this week, I am most proud of getting my homework caught up this week while on break this week. I have learned this week myself that I am getting very anxious about finals week, and I want to pass to relieve some stress off my plate.

Reference:

Rosa, W. E., Schlak, A. E., & Rushton, C. H. (2020). A blueprint for leadership during COVID-19. *Nursing Management*, 51(8), 28–34.
<https://doi.org/10.1097/01.numa.0000688940.29231.6f>