Nursing Burnout: Literature Review

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Nursing Burnout

Nursing burnout is a significant concern for nurses, employers, and patients. Developing depressive disorders and other mental health conditions, as well as leaving their jobs, are all risks for nurses. A decline in the standard of patient care can impact an institution's reputation and financial performance. Burnout among nurses can harm patients' health. When dealing with nursing burnout, it is crucial to understand that continual quality improvement is crucial to every health professional's day-to-day tasks (QSEN Institute, 2020, Table 4).

Does Self-Compassion Mitigate the Relationship Between Burnout and

Barriers to Compassion?

For nurses, burnout has several detrimental effects that may reduce their capacity to provide compassionate patient care. Uncertainty exists regarding the relationship between burnout and compassion, specifically the obstacles to compassion in the medical field (Dev et al., 2018). This article evaluates the relationship between burnout and obstacles to compassion and the possibility that dispositional self-compassion could lessen this relationship (Dev et al., 2018).

Key Points

The recruitment of registered nurses working in New Zealand medical settings involved non-random convenience sampling (Dev et al., 2018). Following consent, a cross-sectional survey with the Copenhagen Burnout Inventory, the Barriers to Physician Compassion scale, and a test of dispositional self-compassion had 799 valid participants (Dev et al., 2018). Higher self-

compassion predicted fewer barriers to compassion, whereas more incredible burnout indicated more significant barriers to compassion. However, self-compassion reduced the link between burnout and barriers to compassion associated with burnout. The interaction revealed that the link was more pronounced among people with higher levels of self-compassion (Dev et al., 2018). This study has a p-value.

Assumptions

According to earlier research, the authors anticipated that more burnout would indicate more significant obstacles to compassion. Additionally, they anticipated that self-compassion would lessen the link between nurse burnout and obstacles to compassion (Dev et al., 2018). In the end, they found these assumptions to be untrue.

Deficit/Conclusion

This student thinks the author's line of thinking is sound. One could assume that someone burnt out would find it more difficult to sympathize with their patients. Self-compassion may indicate lower levels of specific barriers, but it does not mitigate the link between burnout and caregiving difficulties (Dev et al., 2018). Thus, it might contribute to a greater understanding among medical professionals of how burnout creates obstacles to the compassion and care they can offer to their patients. Self-compassion is a skill that people learn, and there is no reason to believe that standardized training would not be helpful for nurses in both practice and training. However, it is essential to note that developing greater self-compassion may not always lessen the degree to which burnout links to more considerable compassion barriers (Dev et al., 2018). Nursing interventions promoting self-compassion may also raise nurses' awareness of the

burnout's effects on their professional lives. Burnout's effects could become more apparent and treatable through experience rather than "soldiering on" (Dev et al., 2018).

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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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Key Points

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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

Dev, V., Fernando, A. T., Lim, A. G., & Consedine, N. S. (2018). Does self-compassion mitigate

    the relationship between burnout and barriers to compassion? A cross-sectional

    quantitative study of 799 nurses. *International Journal of Nursing Studies, 81,* 81–88.

    https://doi.org/10.1016/j.ijnurstu.2018.02.003

QSEN Institute (2020). *QSEN Competencies.*

    https://qsen.org/competencies/pre-licensure-ksas/#quality_improvement

*As you can see the reference is centered and is bolded. The first line is NOT tabbed over, all

    other lines are, this is called hanging indentation. All references are double spaced. All

    sources should be listed in alphabetical order. Be sure to use the APA 7th edition and

    guide for your reference page.