

Nurses' Burnout During the COVID-19 Pandemic: Quality Improvement

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Quality improvement uses “data to monitor the outcomes of care processes and use improvement methods to design and test changes to continuously improve the quality and safety of health care systems” (Quality and Safety Education for Nurses [QSEN] Institute, 2020, Table 4). The QSEN competency of Quality Improvement involves using knowledge, skills, and attitudes conducive to quality improvement (QSEN Institute, 2020, Table 4). This paper will discuss the prevalence of burnout syndrome in the nursing population and associated risk factors during the COVID-19 pandemic. COVID-19 has had a severe impact on the nursing profession for the last two years. Since there is still no cure for COVID-19, it is important to know how the effects of the COVID-19 pandemic affected nurses and contributed to burnout syndrome so that if there is another wave of the COVID-19 virus, nurses will be better prepared to combat the risk factors associated with burnout symptoms related to the pandemic.

Article Summary

The main idea of this article was to compare multiple articles about burnout syndrome in the nursing profession during the COVID-19 pandemic. The article found that there were three main areas that contributed to burnout syndrome. These include emotional exhaustion, depersonalization, and personal accomplishment. The article went on to compare the prevalence of each of these areas to nurses working closely with COVID-19 and high-stress specialties of nursing, including pediatrics, OB, and ED nurses. The article discusses different risk factors associated with burnout. These risk factors included sociodemographic, social, and occupational factors. It was found that female nurses experienced a higher prevalence of emotional exhaustion

while male nurses experienced a higher prevalence of depersonalization and a lower prevalence of personal accomplishment. Some of the articles even found some protective factors against burnout which included training and experience in COVID-19 patients, safety during clinical work, and increased social support. The article said that nurses must obtain new knowledge and skills about COVID-19 to build their confidence when providing health care to patients with COVID-19. The article stressed that governments, healthcare organizations, and policymakers act to prepare health care systems, individuals, and nurses for a better response against the COVID-19 pandemic.

Introduction (note that the key points is flush to the far left *delete this comment)

Paragraph goes here discussing the introduction points. See rubric for full details. Follow the MEAL paragraph formatting and use Grammarly.com.

Overview

Paragraph goes here discussing the overview of the article summary. See rubric for full details. Follow the MEAL paragraph formatting and use Grammarly.com.

Quality Improvement

Paragraph goes here discussing the Quality Improvement of the article summary. See rubric for full details. Follow the MEAL paragraph formatting and use Grammarly.com.

Application to Nursing

Here add in a summary of the information learned to the application to practice. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

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Conclusion

Write a conclusion here in your overall paper. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

References

Galanis, P., Vraka, I., Fragkou, D., Bilali, A., & Kaitelidou, D. (2021). Nurses' burnout and associated risk factors during the COVID 19 pandemic: A systematic review and meta analysis. *Journal of Advanced Nursing*, 77(8). <https://doi.org/10.1111/jan.14839>

*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.