

Nurse Burnout Syndrome: Literature Review

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10.20.2022

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Analyzing links and relationships between various works is part of a literature review. A literature review will assist in avoiding repetition in one's research, spot new issues, and openings for additional study, and develop or formulate new questions (Paul & Criado, 2020). This student is choosing to further research nurse burnout and its effects on medical practice. One defines *nurse burnout* as sustained work-related stressors, such as long hours, the demand for hasty decisions, and the burden of caring for patients who may not recover well (Ribeiro et al., 2021). Nurses experiencing burnout perform poorly, are less committed to the organization and are more likely to consider leaving their positions. Nurses must be able to spot indicators of burnout because this can impair their professional performance and alter the outcomes of a patient's life.

Influence of burnout syndrome on the quality of life of nursing professionals: Quantitative study

The fast-paced, stressful atmosphere that nurses work in is continual. Nurse burnout may cause a high turnover and increased nurse absence in healthcare organizations, which can lower the nurse's quality of care. For the benefit of the nurses who experience it and their patients, it is imperative to treat nurse burnout. Investigating the connection between burnout syndrome (BS) and quality of life indices can lead to improvements in nursing care, the development of critical reflective practices amounts tenured seniority and professionals, and the viability of implanting strategies that reduce work overload and dissatisfaction (Ribeiro et al., 2021). Understanding the

signs of burnout and possible prevention may result in satisfactory levels of mental health in medical facilities.

Key Points

It is imperative to take nurse burnout seriously, as this poses dangers in the medical field. The author assesses the prevalence of burnout syndrome and its impact on nursing workers' quality of life. The author presents a quantitative, cross-sectional, analytical methodology. The study's participants are nurses and nursing technicians of all ages and sexes. The sample included a total of 83 employees. The researcher uses three tools to gather data. First, the researcher provides a questionnaire to characterize the sample. Second, a burnout scale assesses how frequently a set of sentiments stated in phrases are felt in seven possible ways. The last tool is a questionnaire that focuses on the following topics: physical aspects, pain, general health status, vitality, social aspects, emotional aspects, and mental health (Ribeiro et al., 2021). This student assesses the results of the correlation between the quality-of-life domains and the burnout syndrome score of the participants. One understands that the subject's quality of life decreased when the burnout score increased. Statistical significance exhibits. Liveliness or vitality shows ($p < 0.001$), mental health ($p = 0.01$), and quality of life ($p = 0.04$) (Ribeiro et al., 2021). The author demonstrates comprehension that older professionals, women, unrelated, who earn more money, predominately engage in burnout syndrome.

Assumptions

The writer characterizes the public health issue of occupational stress as multifactorial harm that arises from the interaction of the worker with one's environment (Ribeiro et al., 2021). One may characterize the common issue of nursing burnout as a decline in nurses' energy, which

displays emotional depletion, a loss of enthusiasm, and emotions of dissatisfaction. These manifestations may lower work efficacy. The author presumes that by examining the link between burnout syndrome and nurses' quality of life, it will be possible to determine how work tasks affect a professional's performance, mental and physical health, and quality of life (Ribeiro et al., 2021). This student understands that severe nurse burnout can result in errors brought on by weariness, which can cause patient discomfort, infection, or even mortality.

Deficit/Conclusion

This student agrees with the author's thesis. The connotation of this article highlights the relevance of investigative studies on the effects of burnout syndrome on nursing professionals' quality of life (Ribeiro et al., 2021). This student is aware of the significance of the study because nurses provide care allowing for the continual experience of stress and psychological pain when handling numerous emergencies, accidents, deaths, and a heavy workload. If nursing fails to accept this reasoning, there may be changes in nurses' physical and emotional health, decreased work productivity, and disengagement.

References

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