# Nurse Burnout Syndrome: Literature Review

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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 the employees feel a said set of sentiments the researcher presents 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 asses 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 paper emphasizes the importance of examining how *burnout* syndrome affects nursing personnel's 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.

## A cross-sectional study exploring the relationship between burnout, absenteeism, and job performance among American nurses

*Burnout* is a phenomenon that results from persistent work-related stress. It has characteristics that follow feelings of energy weariness, job-related cynicism, and a decrease in levels of professional competence. The study aims to understand further the connection between *burnout*, self-reported absences, and overall work performance (Dyrbye et al., 2019). Nurses encourage healthy habits, speak up for patients, and offer health information. Nursing

professionals must be freed from *burnout* syndrome to continue offering the community the best possible care. The first part of releasing is understanding the foundation.

**Key Points**

The author evaluates the relationship between nurse *burnout*, absenteeism, and job performance. The author conducts a cross-sectional exploratory study to determine the prevalence of *burnout* among nursing professionals. In the research experiment, three thousand ninety-eight nurses receive an anonymous cross-sectional survey. The research has a total of eight hundred and twelve nurses for the sample size; this was the number of responses. The only tool for data collection is the survey. The survey includes three subscales: poor personal accomplishment, detachment, and emotional weariness. The nurses responding voice how frequently they experience certain sensations related to their role (Dyrbye et al., 2019). This student evaluates the correlation between work engagement, nurse *burnout*, and absenteeism. According to the survey results, roughly one-third of respondents show signs of *burnout*, which doubles the likelihood that they would perform poorly at work (Dyrbye et al., 2019). Statistical significance is not found in the research. This study is multivariant and exhibits many identifying factors for absenteeism: Burnout (vs. not) (p-value=0.91), Fatigue (p-value=< 0.0001), Age p-value=0.44) female vs. male (0.16) hours in the last seven days (0.05), and for poor work performance: Burnout (vs. not) (p-value=0.0002) Fatigue (p-value=< 0.0001) Age p-value=0.0001) female vs. male (0.34) (Dyrbye et al., 2019). The author shows an understanding of how these findings indicate *burnout* is common among nurses and likely impacts overall work performance.

**Assumptions**

In any profession, *burnout* causes lower productivity. Workflows may slow down by the high levels of anxiety brought on by excessive stress and the fatigue and apathy brought on by *burnout*. The author presumes the danger of *burnout* among nurses increases by an excessive workload, poor staffing, ethical clashes, insufficient rewards, and a poor work environment (Dyrbye et al., 2019). Many nursing environments struggle with losing authority, inadequate program management, and poor nurse-doctor relationships. According to this researcher, businesses should address the workplace pressures that cause nurse *burnout* and absenteeism to improve work quality.

**Deficit/Conclusion**

This student agrees with the researcher's thesis. This student comprehends that *burnout* in nursing can result in a decrease in willingness to lead, poorer patient care, lower inpatient customer satisfaction, an increase in healthcare-associated infections, and higher mortality (Dyrbye et al., 2019). Employers must probe to find the factors contributing to *burnout* syndrome. If nursing fails to accept this reasoning, patients will receive an altered quality of care, and nurses' quality of life may diminish.

**The influences burnout and lack of empowerment have on creativity in nursing faculty.**

One may define *burnout* as a feeling of weariness and emotional overload with a negative impact on the person. According to reports, nurses experience *burnout* more frequently than other healthcare professionals (Drafahl, 2020). Role conflict, workload, and social support put nurses at a greater risk for this syndrome (Drafahl, 2020). This quantitative study sought to determine a link between nursing faculty *burnout* and their inventiveness in the classroom.

**Key Points**

This author assesses the relationship between nursing faculty burnout and a lack of empowerment. The correlation between each is associated with their creativity in the classroom environment (Drafahl, 2020). To acquire the crucial data for this research, it was necessary to conduct a descriptive, quantitative research investigation (Drafahl, 2020). The tool for data collection is a survey link sent via email to members of the National Organization for Associate Degree Nursing, asking for voluntary participation. The sample included two hundred seventeen participants who completed the provided survey. Using Pearson correlation and multiple linear regression tests, researchers can highlight the similarities and differences between *burnout* and a lack of empowerment among nursing faculty members. (Drafahl, 2020). Statistical significance exhibits. The statistical significance lies in the relationship between *burnout* and creativity and a decreased correlation between a lack of empowerment and creativity (Drafahl, 2020). P-values represent personal, professional, and student *burnout* in this study, all of which relate to the research study's underlying hypothesis (Drafahl, 2020). The study's findings are significant since they reveal no association between a lack of empowerment and creativity and a statistically significant and robust link between *burnout* and creativity. The study concludes that there is a direct link between diminished creativity and *burnout* (Drafahl, 2020).

**Assumptions**

The author assumes that increased *burnout* pressures at work harm faculty critical thinking and creativity (Drafahl, 2020). The research examines the relationship between several types of *burnout*, such as personal, work, and student *burnout* and creativity (Drafahl, 2020). This student learns from that research that evaluation of the various types of *burnout* led to the

conclusion that *burnout* significantly and adversely affects faculty members' creativity in the nursing classroom.

**Deficit/Conclusion**

This student agrees with the presenting thesis. The findings of the research study support the author's line of reasoning. The author provides a correlation between nursing faculty *burnout* and its consequences on performance and instructional creativity (Drafahl, 2020). It is possible to determine the raw impact of *burnout* syndrome by comprehending the relationship between these subjects. Nurses experiencing *burnout* may be less committed to the organization, have a poor performance level, and are more likely to consider leaving their roles. This knowledge supports the formulation of initiatives aimed at preventing nursing faculty *burnout*. By accepting this reasoning, nursing faculty *burnout* may decline, increasing overall inventiveness in the classroom.

## Conclusion

The articles above discuss the consequences of *burnout* in the many facets of the nursing profession. Each report concludes that there are adverse effects to nurse *burnout*, including lack of creativity in the classroom (Drafahl, 2020), poor performance in the classroom setting (Drafahl, 2020), poor quality of life (Ribeiro et al., 2021), and a lowered work performance (Dyrbye et al., 2019). Patient outcomes may improve by educating readers about the precautions required to avoid *burnout*. To prevent *burnout*, nurses must first be aware of its symptoms. Nurses' general quality of life will improve by being mindful, boosting nursing practice and patient care outcomes. The research presents quality improvement methods by encouraging probing to address the workplace pressures that cause nurse *burnout* and absenteeism to improve

work quality (Dyrbye et al., 2019). Nurses can concentrate on offering practical, secure, patient-centered care due to quality improvement in healthcare.

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