

Burnout Among Nurses During the COVID-19 Outbreak: A Literature Review

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Nursing Burnout has been at the forefront of news related to healthcare workers during The COVID pandemic. This literature review will discuss three articles about burnout among nurses related to the COVID pandemic. The purpose of a literature review is to provide a comprehensive summary of existing published research and scholarly articles related to a specific topic, identifying gaps in research areas, trends, and the context for new research. This literature review aims to bring awareness to the prevalence of nursing burnout in this time of a global pandemic. Improving nurses' quality of life, including their professional life, can be crucial in mitigating the demands and challenges they face each day.

Psychosocial Burden and Quality of Life of Surveyed Nurses during the SARS-CoV-2 Pandemic

The study examined the impact of occupational burnout among a group of 668 nurses in Poland during the COVID outbreak. The researchers used the Maslach Burnout Inventory and the World Health Organization Quality of Life Instrument Short Form to measure burnout over time. Nurses working during the SARS-CoV-2 pandemic faced increased stress and burnout due to fear of infection, unpredictability of events, and feelings of helplessness in the workplace. Occupational burnout, characterized by emotional exhaustion, depersonalization, and reduced professional efficacy, negatively affects nurses and patients in the healthcare setting (Tomaszewska et al., 2023). These negative consequences include decreased productivity, lower job satisfaction, and poor quality of care. The researchers found that the mean score on the Malslach Burnout Inventory was 50.83, indicating the participants experienced moderate burnout. The quality-of-life score averaged 65.74, indicating that the participants had an

acceptable quality of life (Tomaszewska et al., 2023). Ultimately the study showed that higher exhaustion rates were related to poorer quality of life.

Key Points

The article focuses on the impact of occupational burnout on the quality of life of nurses during the COVID pandemic. The researchers used the Malslach Burnout Inventory and the World Health Organization Quality of Life Instrument Short Form to measure burnout over time. There are 668 participants from Polish hospitals surveyed in this study. The researchers found that the mean score on the Malslach Burnout Inventory was 50.83, and the World Health Organization Quality of Life Instrument Short Form score averaged 65.74. The article highlights the significance of how COVID negatively impacted the lives of these nurses in Poland. The article also mentions the significance of improving the quality of life for nurses, as poor quality of life can affect the quality of services they provide (Tomaszewska et al., 2023). The correlations were statistically significant, with a p-value of less than or equal to 0.05. The study emphasizes the importance of recognizing burnout among nurses and its potential consequences, such as decreased productivity and job satisfaction and increased intent to leave the profession of nursing (Tomaszewska et al., 2023).

Assumptions

The authors assume that the COVID pandemic has caused a significant increase in burnout among healthcare professionals, particularly nurses, given the demanding nature of their work, high levels of stress, and the impact of the pandemic. They also assume that burnout will lead to decreased quality of life for those individuals affected (Tomaszewska et al., 2023). Overall, the authors assume that the pandemic has had a major impact on all of healthcare, including increased patient volumes, increased work loads, and insufficient staffing. The authors

assume the need for intervention, believing support systems should be implemented to mitigate burnout and enhance nurses' well-being (Tomaszewska et al., 2023).

Deficit/Conclusion

The authors use sound reasoning in their assumptions. The implication of this research brings the need for awareness, improved or additional support systems, and policy implications to light. If nursing fails to accept this line of reasoning, persistent burnout, deteriorating quality of care, and a negative impact on overall nurses' well-being will endure, and the nursing profession will see a continuous hemorrhage of licensed and willing nurses (Tomaszewska et al., 2023).

Relationship Between Nurses' Knowledge of COVID-19, Professional Quality of Life, and Practice During the COVID-19 Pandemic: A Descriptive Correlational Study

The article investigates nurses' knowledge, professional quality of life, and practices during the COVID-19 pandemic, exploring factors influencing nurses' practice. Data from 167 nurses in four general hospitals were analyzed, revealing a negative correlation between practice and burnout. Education on COVID-19 management was associated with better nursing practice and improved quality of life (Kim, 2023). Professional quality of life components influenced practice, with higher compassion satisfaction and lower burnout contributing to improved clinical performance and patient outcomes. The study emphasizes the importance of effective prevention systems and educational programs to enhance nurses' practice during infectious disease outbreaks like COVID-19 (Kim, 2023).

Key Points

The results show a negative correlation between nursing practice and burnout, highlighting the importance of addressing burnout to improve clinical performance in hospitals. The author also addresses the importance of educating the nurses on the COVID-19 pandemic itself to improve clinical performance and quality of care (Kim, 2023). One hundred sixty-seven participating nurses were given a questionnaire to fill out and return to the researcher. The p-value is 0.14, meaning the study is likely, not significant (Kim, 2023).

Assumptions

The authors assume that the COVID-19 pandemic has significantly amplified burnout among healthcare professionals, especially nurses, due to the demanding and stressful nature of their work, exacerbated by the pandemic's impact (Kim, 2023). They hypothesize that burnout would result in a decline in the affected individual's overall quality of life both in the workplace and outside of the workplace. They also suggest that the pandemic has profoundly affected the healthcare industry, leading to increased patient volumes, heavier workloads, and inadequate staffing. To address this issue, the authors advocate for intervention and the implementation of support and education systems to alleviate burnout and enhance the well-being of nurses (Kim, 2023).

Deficit/Conclusion

Prior COVID-19 education and burnout were significant predictors of practice. The results underscore the importance of implementing effective prevention systems, including education programs, to address modifiable predictors such as education and burnout (Kim, 2023). Educational programs focusing on practical aspects of nursing are needed, and support

systems to reduce burnout are essential for patient safety and care quality. Counseling and education programs should be in place to reduce nurse burnout and improve practical performance. Leadership and management in healthcare institutions should identify the causes of burnout and create strategies to improve nurses' practice through increased compassion satisfaction and reduced secondary traumatic stress (Kim, 2023).

Utility of a “Lavender Lounge” to Reduce Strass Among Critical Care Registered Nurses: A Cross-Sectional Study

The study aimed to assess the usability and effectiveness of a “Lavender Lounge” designed to support intensive care nurses in refreshing and renewing themselves after stressful clinical situations. The lounge offered relaxation and reflection amenities to help de-stress (Smith et al., 2023). The study attempts to find a new way to support nurses experiencing burnout by providing a support space where nurses can relax if they feel stressed and overwhelmed. Many of the nurses said the room was helpful but didn't do enough to solve the problem entirely (Smith et al., 2023).

Key Points

A survey was conducted among 54 medical intensive care unit registered nurses to gather their perceptions of the “Lavender Lounge” during the COVID-19 pandemic. Around 57% of surveyed nurses reported using the lounge within the past month. The study found that although 74% of the lounge of those users reported the room being somewhat, moderately, or very helpful in reducing stress, less than half of the users were likely to recommend its use to others (Smith et al., 2023). The study suggests that while relaxation rooms can be beneficial, organizational changes such as increased staffing, prearranged breaks, and limited working hours per week

might be more effective in reducing stress and burnout among critical care nurses. The p-value for this study is 0.001, meaning the article is statistically significant. The author believes that having such a room is helpful but does not effectively solve the problem of nursing burnout (Smith et al., 2023).

Assumptions

The authors of this study assume that critical care nurses experience high levels of work-related stress and that this stress can contribute to physical, emotional, and cognitive impairments. The authors also assume that providing a relaxation room will be a useful intervention to reduce nurses' stress. The authors assume that factors contributing to nurses' stress, such as high unit acuity and patient care demands, may also act as barriers to the nurses' use of the relaxation room (Smith et al., 2023).

Deficit/Conclusion

Ultimately, the "Lavender Lounge" was helpful to nurses. It gave nurses a moment to escape from the stress of critical care. This article will lead to more hospitals adopting "Lavender Lounges" in the future. The study has limitations, including a small sample size and being restricted to a single site, but it highlights the importance of addressing the underlying causes of stress and burnout to support nurses effectively (Smith et al., 2023).

Conclusion

The three articles reviewed highlight the significant impact of burnout among nurses during the COVID-19 pandemic. The studies provide valuable insights into the relationship between burnout and nursing knowledge, quality of life, and clinical practice. It is evident that the pandemic has intensified stress and burnout among healthcare professionals, particularly

nurses, leading to negative consequences regarding patient care and overall well-being. The studies emphasize the need for effective prevention systems, support mechanisms, and educational programs to mitigate burnout and enhance nursing practices. By addressing burnout and improving quality of life, patient outcomes, nursing practice, evidence-based practice, and healthcare can be positively influenced. Policymakers and healthcare leaders must consider organizational changes, such as increased staffing and limited working hours. Initiatives like relaxation rooms provide additional support but might not fully solve the problem of burnout. Addressing nursing burnout is crucial not only for patient care but also for retaining skilled and compassionate nurses in the profession.

References

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