The Impact of COVID-19 on Nursing Burnout: Literature Review

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Literature reviews are crucial in the process of research. Researchers utilizing literature reviews helps them understand and develop the knowledge needed for the topic that they are researching. Literature reviews can enhance knowledge and add credibility to the researcher's topic (Houser, 2023). Additionally, quantitative studies recognize the variables representing different areas of interest and then evaluates the variables logically (Houser, 2023). Quantitative studies utilize the framework of scientific methods to come up with factual research. In nursing, there has always been a significant amount of burnout among nurses; this can be caused due to various reasons. Specifically, the COVID-19 pandemic put a rigorous amount of stress on nurses, which caused them to feel more burnout as this was a challenging time. The researchers from the articles contribute to the impact of COVID-19 and the effects of nursing burnout and aim to explore the research needed to justify burnout in nursing after the pandemic.

Burnout and quality of life in nursing staff during the COVID-19 pandemic

The research in this article investigates nursing burnout and the quality of life of nurses during the COVID-19 pandemic. A quantitative cross-sectional was conducted to gather comprehensive data involving 109 critical care nurses (Meneguin et al., 2023). Researchers used various tools to gather information from the participants. Researchers explored burnout and quality of life in nurses while looking at occupational and sociodemographic data (Meneguin et al., 2023). The data collected helped researchers successfully analyze the effects of the COVID-19 pandemic and how it affected nursing burnout and their quality of life.

Key Points

The researchers who wrote this article utilized three different tools and measurements to gather data for this study. This included the WHOQOL-BREF instrument, the Oldenburg burnout inventory scale, and a sociodemographic questionnaire. These tools were given to nurses in critical care units to assess the meticulous effects that the COVID-19 pandemic had on nurses and how it affected their quality of life. Researchers could also examine occupational and sociodemographic variables using these measurements throughout their research article. The data was collected to show burnout, quality of life, and demographics of the nurses participating in this study. Through these measurements, researchers found that nursing staff had higher scores for disengagement and exhaustion related to burnout (Meneguin et al., 2023). Burnout in nurses occurs due to increased working hours, negatively affecting their emotional, physical, and mental health and impacting their quality of life (Meneguin et al., 2021). This study used a p-value to determine if their findings were significant, relevant, and verifiable in nursing burnout and quality-of-life models. Through this study, researchers successfully gathered data among critical care nurses and assessed the burnout they experienced from the COVID-19 pandemic. Researchers concluded that from the pandemic, nurses who experienced burnout negatively impacted their quality of life (Meneguin et al., 2023).

Assumptions

The study outlined in this article examines how the COVID-19 pandemic contributed to nursing burnout and how it affected their quality of life. Studying this information can help hospitals come up with policies and prepare better to prevent their nurses from nursing burnout. This research determined that nursing burnout negatively impacts nurse's quality of life and that more resources should be available to support nurses' mental and emotional health during times

of stress and emergency (Meneguin et al., 2023). Research supports the idea of better working conditions for nurses and policies to help reduce nursing burnout.

Deficit/Conclusion

This article's line of reasoning discusses how the COVID-19 pandemic influenced nursing burnout and how it greatly impacted their quality of life. The tools and measurements utilized in the research article successfully showed that nurses had long working hours, exhaustion, disengagement, and increased stress due to mental, emotional, and physical demands that impacted them during the COVID-19 pandemic (Meneguin et al., 2023). The data collected from the article highlights the hardships nurses experienced during the pandemic. This nursing student does agree with the researcher's points and line of reasoning on how the pandemic negatively impacted nurses. A shortcoming of this article is that it needs to expand in-depth on work-life conditions during the pandemic and how it contributed to and affected nursing burnout and quality of life in the participants.

THIS IS WHERE PART 1 ENDS! THE NEXT SECTION (SECOND ARTICLE TITLE HERE) IS WHERE PART 2 BEGINS!

Second article title here

Here add in a summary of the article. 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.

Key Points

Paragraph goes here discussing the key points of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Assumptions

Paragraph goes here discussing the assumptions of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

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?

Third article title here

Here add in a summary of the article. 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.

Key Points

Paragraph goes here discussing the key points of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Assumptions

Paragraph goes here discussing the assumptions of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

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?

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

Houser, J. (2023). *Nursing research: Reading, using, and creating evidence* (5th ed.). Jones & Bartlett Learning.

Meneguin, S., Ignácio, I., Pollo, C. F., Honório, H. M., Patini, M. S., & de Oliveira, C. (2023). Burnout and quality of life in nursing staff during the COVID-19 pandemic. *BMC Nursing*, *22*(1). https://doi.org/10.1186/s12912-022-01168-7

Note to self: articles to look at

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10074070/

https://onlinelibrary.wiley.com/doi/full/10.1002/nop2.1297

https://europepmc.org/article/ppr/ppr243602