

Exploring Nurse Burnout and the Impact on Patient Care: Literature Review

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Measurable data is used in quantitative research to provide answers to inquiries regarding the relationships between cause and effect (Houser, 2023). In addition to strengthening the body of knowledge on a given topic, a literature review will demonstrate the topic's significance for further research and identify gaps in the body of knowledge (Houser, 2023). By studying this crucial subject, researchers can discover more about the relationship between nursing exhaustion and patient health outcomes.

An Examination of Work Characteristics, Fatigue, and Recovery Among Acute Care Nurses

The article **author, Karen R. Cochran, PhD, MSN, RN, CNOR,** by Cochran (2021) investigated nurses' exhaustion levels and capacity to recuperate between shifts **(Cochran, 2021)**. The article also addresses how fatigue lowers nurses' cognitive and physical functioning, which may affect patients' quality of care and increase their risk of occupational injuries (Cochran, 2021). Additionally, it highlights the difference in fatigue levels and a nurse's ability to recover depending on the shift and unit on which they worked (Cochran, 2021).

Key Points

The data required for the study was gathered from electronic surveys of 573 direct patient care nurses spread throughout five institutions in the southeastern United States (Cochran, 2021). The study included two established worker fatigue scales, the Fatigue Assessment Scale and the Fatigue Exhaustion Recovery Scale for measurement (Cochran, 2021). The research showed that the nurses had a substantial level of total fatigue and a moderately low level of chronic fatigue (Cochran, 2021). Staffing adequately, ensuring nurses take breaks, and allowing 3 days of rest after working two consecutive 12-hour days are ways nurse leaders can help foster a safe and

healthy work environment (Cochran, 2021). Since fatigue can impact daily functioning, the study provides evidence of the connection between nurses' weariness and patient care.

Assumptions

The study provides information about nurses in an acute care setting. According to the article, nurses who worked twelve-hour shifts had higher degrees of exhaustion (Cochran, 2021). Additionally, evidence demonstrates that nurses assigned to particular units, like medical-surgical or labor and delivery, have higher fatigue levels (Cochran, 2021). Future research in all nursing areas could validate the findings. The study also presumes that all nurses perform poorly when tired, whereas perhaps half do. The article makes the case that nurses who experience physical or mental exhaustion may be a danger to patient safety and the standard of care they provide (Cochran, 2021).

Deficit/Conclusion

The research from the article shows that nurses suffer from different levels of fatigue, and it has an opposing relationship with safety (Cochran, 2021). According to Cochran (2021), fatigue impairs a person's mental and physical abilities. According to QSEN's safety competencies, nurses should improve system effectiveness and individual performance to lessen the risk of injury to patients and providers (Quality and Safety Education for Nurses [QSEN], 2020). To contribute to creating a safe work environment, nursing leaders should also be aware of whether a nurse can work safely and actively promote teamwork (Cochran, 2021). The findings of this study indicate that high levels of fatigue among nurses are associated with inadequate patient outcomes and are a risk to his/her safety and patient safety (Cochran, 2021). Fatigue is critical to safe nursing practice and should be addressed accordingly.

References

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