

Nurses Burnouts: Literature Review

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It is common among nurses to get burnout. Burnout is when you feel exhausted and have mental or emotional stress (American Nurses Association, 2024). The signs of burnout can be that you seem to be working too much, making you feel like you have no desire to go and do anything (American Nurses Association, 2024). You are just plain tired. Sometimes this can also lead to nurses feeling unappreciated when they get overworked (American Nurses Association, 2024).

A common impact that nurses tend to deal with is when overworked, one becomes burned out. Burnout is when an individual has a feeling of exhaustion while also having mental or emotional stress (American Nurses Association, 2024). There are different signs of burnout, which can indicate when one seems to be working too much, making them have a lack of desire to go out or enjoy anything (American Nurses Association, 2024). For lack of better words, when someone becomes burned out, they are plain tired. The American Nurses Association (2024) describes how nurses occasionally start to feel not appreciated when they get to this point of being overworked.

The purpose of this literature review is to expand the knowledge to our communities, patients, and even higher levels of management within the healthcare industry on the impact that burnout has on individuals as healthcare professionals.

Influence of Burnout Syndrome on the Quality of Life of Nursing Professionals

Within the study from Ribeiro et al. (2021), the objective was to examine the current system and any other associations that may be incorporated with developing burnout syndrome,

while also looking into how this could affect the life of these professionals within the healthcare system. The amount of stress and time-critical work that nursing professionals must go through is unique in the sense of having to deal with complex situations every workday (Ribeiro et al., 2021). It is important to remember to be self-aware as a nurse and patient that this job is stressful, and one must think about the quality of life and the well-being of those providing the care.

Key Points

The key points from the study by Ribeiro et al. (2021), show that burnout is very common among healthcare individuals. Ribeiro et al. (2021) describe how the methods that were used were cross-sectional and the analytical type of study. The group of individuals questioned totaled 83 nursing professionals in two Emergency Departments within the municipality of Campina Granda-PB. The questions provided to these nurses were from the Maslach Burnout Inventory scale, which would break down the answers into evidence of depression and emotional exhaustion within each individual. In the conclusion of the survey, it showed that burnout does affect nursing staff and subjective well-being (Ribeiro et al., 2021).

Assumptions

The assumption is that healthcare employees have higher stress levels related to their work environment and want to investigate relationships between BS, quality of life, and the contributing factors that could be adjusted within the workforce (Ribeiro et al., 2021). It is known that healthcare professionals handle the majority of emotions, and stressful situations, along with challenges ethically, politically, and technologically (Ribeiro et al., 2021). These

known factors and assumptions lead this study into breaking down and analyzing the potential effects of the nursing profession with BS, quality of life for these individuals, and even working towards ways to consider lessening these problems for staff.

Deficit/Conclusion

Within the study, it was found that Burnout Syndrome (BS) was prevalent within younger populations of 22-29 years old, female, typically with children, and worked in the Intensive Care Units (Ribeiro et al., 2021). It was shown that BS is one of the biggest and most common issues among the healthcare professional team (Ribeiro et al., 2021). While it may be common for individuals to get burned out, Ribeiro et al. (2021) discuss that BS does interfere with these individuals in their lives, causing a great impact on mental health, social life, and vitality.

Palliative care: Issues in the intensive care unit in adults

Staff burnout is very common among all different types of units but one in particular that stands out is Palliative care in the ICU. This article discusses the indications for care, services in the ICU, communication issues, ICU-specific issues in palliative care, addressing religion and spirituality, and all staff support (Isaac & Sullivan, 2023).

Key Points

The key points made here were more specifically where they talked about burnouts. The first is a topic under ICU- Specific Issues in Palliative Care under open visiting hours (Isaac &

Sullivan, 2023). The article discussed how open visiting hours can lead to more stress for patients, and their families and cause staff burnout (Isaac & Sullivan, 2023). Another key point is the staff having support during difficult times like going through burnout. This article discusses how COVID-19 had a big part in burnout in the ICU (Isaac & Sullivan, 2023). The staff support shared discusses how staff should have interdisciplinary conferences along with opportunities to provision decision-making in such a critical unit (Isaac & Sullivan, 2023).

Assumptions

The assumption that this article wrote was bases some evidence on an opinion. The article was states that by their opinion of comfort care and how individuals assume things that are not true (Isaac & Sullivan, 2023). This could be that they are trying to sustain life and medically fixing their disease that is aimed towards a patients symptoms (Isaac & Sullivan, 2023).

Deficit/Conclusion

In conclusio, the author had a great point of understanding and wrote a good paper based on experiencing it in real life. This article drove deep into the different situations that nurses and individuals that could include nurses, patients and family of patients. One of the main points were that COVID-19 caused a lot of burnouts for nurses. Along with these burnouts it is important to remember that their should be support systems for employees.

A 'New Pandemic' at Hand: Burnout of Nursing Staff

This third article describes the different occurrences of different reasons that cause burnout in nurses (Dimitrios et al., 2022). An example of this could be the relationship between

the staff employees, the patient, along with the patient's family (Dimitrios et al., 2022). This also includes the difficult conditions nurses are in, in the hospital setting (Dimitrios et al., 2022). This article describes how taking care of patients is a highly responsible job and puts some burden on the staff and also the patients (Dimitrios et al., 2022). Nurses taking care of patients takes a toll on the nurse's physical and mental well-being (Dimitrios et al., 2022).

Key Points

The first key point in this article is the review of how much there is an incline of burnout among nurses (Dimitrios et al., 2022). This key point comes along with the associated factors among many different facilities of healthcare workers and to identify the causes (Dimitrios et al., 2022). The next key point was the results the effects of burnout, the care and quality of patients, the possible prevention to not cause burnout, and how to identify symptoms of burnout (Dimitrios et al., 2022). A final key point is that a nurse who is experiencing burnout can not provide the best care for patients, with exhaustion emotionally, depersonalization, with personal goals being low (Dimitrios et al., 2022).

Assumptions

This article has the assumption that their household responsibility that is highly involved and can be demanding that this increases the burden and causes more risk for burnout (Dimitrios et al., 2022). It is also states that the facilities and area of field are dominantly married women as well (Dimitrios et al., 2022).

Deficit/Conclusion

I do accept the author's line of reasoning in this article. As the article states "and since the nurse workforce is predominantly female and married, their domestic responsibilities on top of a highly demanding shift work can only increase their overall burden and risk of burnout"(Dimitrios et al., 2022). I agree that the household responsibilities on top of a demanding shift work can lead to a burnout. An implication in this article is that even just the demanding shift work is a lot. They always add the phrase "on top of" before it. If nursing fails to accept this line of reasoning then there would be no change in the shifts. Therefore no change in the risk of a burnout.

Conclusion

The first article described the symptoms and how nurses experience and what to look for to see if a staff member is string to experience a burnout. The second article disclosed information regarding ICU nurse burnouts along with different protocols and information that are held in the ICU or critical care. The third article discussed how burnouts could effect burnouts in the nurses home and work relationship.

With all three articles, the most important thing is the care of the patients during the hardships a nurse endures.

It is important to remember the role of a nurse and the effect their job has on their lives.

It is important to help prevent a nurse experiencing burnout. Burnout effects nurses in their everyday lives, we can help burnout by allowing nurses to have their time off, staffing properly, and allowing nurses their allotted breaks.

Healthcare is a very important thing in every day lives. Healthcare workers help more than. People realize and their work is harder than most realize. Healthcare workers deserve more recognition for the work they do.

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