

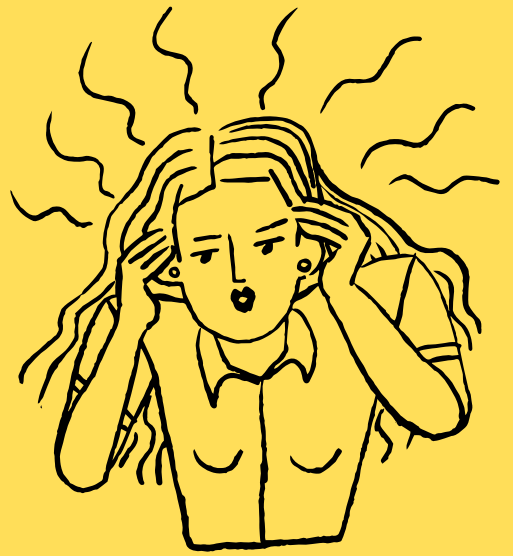
ARE YOU BURNT OUT?

By Marie Desire



WHAT IS BURNOUT?

Burnout is a consequence of chronic stress induced by the work place that results in emotional exhaustion due to overextension, increased depersonalization, and low personal efficacy (Abuzeid and Pappas).

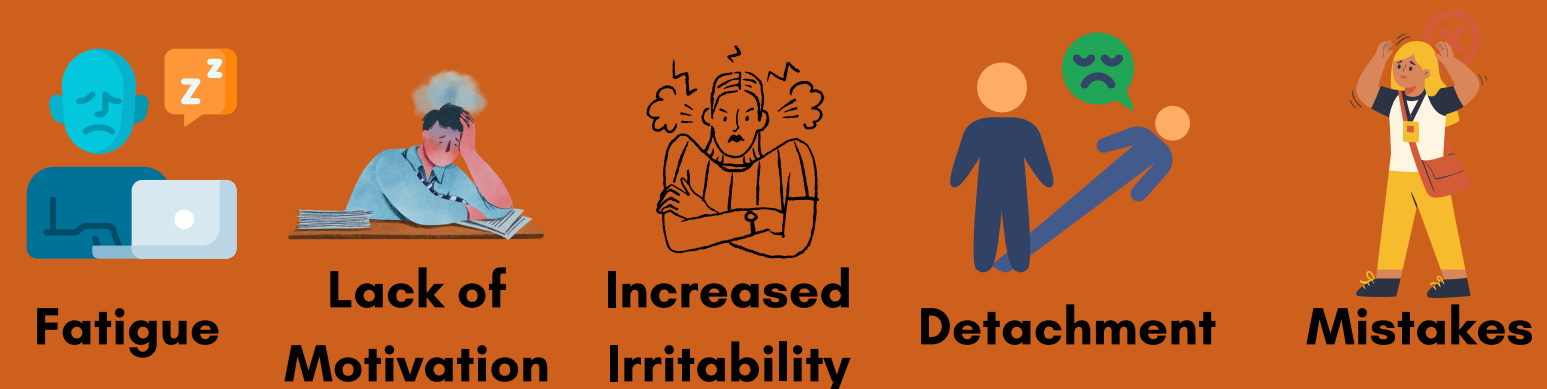


FACTORS INFLUENCING BURNOUT



- Shortage of 1 million nurses (Abuzeid and Pappas).
- Increased workload/high nurse-to-patient ratios (Abuzeid and Pappas)(Dall'Ora, Chiara et al.).
- Job dissatisfaction (Dall'Ora, Chiara et al.).
- Lack of support in the workplace (Dall'Ora, Chiara et al.).
- Strict deadlines (Dall'Ora, Chiara et al.).

SIGNS OF BURNOUT



Obtained from "5 TELL TALE SIGNS OF BURNOUT."

BURNOUT INTERVENTIONS

- Education on the signs of burnout (Alenezi, Atallah, et al.).
- Education on the strategies to cope with stress (Alenezi, Atallah, et al.).
- Improved staffing numbers (Abuzeid and Pappas).
- Reduced nurse-to-patient ratios (Abuzeid and Pappas).
- Improved workplace support system (Abuzeid and Pappas).
- Meditation ("5 TELL TALE SIGNS OF BURNOUT").
- Vacation/time off from work ("5 TELL TALE SIGNS OF BURNOUT").
- Therapy ("5 TELL TALE SIGNS OF BURNOUT").



Works Cited

Abuzeid, Iman, and Sharon Pappas. "How Emory Healthcare's Chief Nurse Executive Improves Nurse Retention and Resilience." YouTube, YouTube, 17 June 2021, <https://www.youtube.com/watch?v=fCisbwmVL3Q>.

Alenezi, Atallah, et al. "Burning out Physical and Emotional Fatigue: Evaluating the Effects of a Programme Aimed at Reducing Burnout among Mental Health Nurses." *International Journal of Mental Health Nursing*, vol. 28, no. 5, Oct. 2019, pp. 1045-55. EBSCOhost, <https://doi-org.citytech.ezproxy.cuny.edu/10.1111/inm.12608>.

Dall'Ora, Chiara et al. "Burnout in nursing: a theoretical review." *Human resources for health* vol. 18,1 41. 5 Jun. 2020, doi:10.1186/s12960-020-00469-9

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