

Contributing factors to nurse burnout

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Nurses play a crucial role for the patients in hospitals. For that, they should be well motivated and avoid anything that can distract their attention and driving force for work resulting in burnout. Burnout results from extreme emotional, physical and mental exhaustion. It is a common phenomenon to nurses, especially where there is no close interaction with their seniors and their counterparts. It is commonly caused by the state of working environment, but can also be contributed by non-work factors. These can be family and other personal factors. Burnout leads to loss of morale, confidence and despair.

The work associated factors involve nurses being overworked, especially in the case of those working in the emergency section. Most of them have no control over their job and they frequently find themselves working for long hours and at times they are forced to forego sleep. Their timetable is not regular and one cannot plan for another task after finishing his/her session. Some encounter complicated and new challenges that require them to improve their skills continuously especially on machines and technology. Their tasks are done in a specific place like within a hospital ward that can become monotonous. Clinicians are the ones normally recognized for successful treatment and not the nurse who manages the patient.

The people related to the patient can sometimes expect too much from the nurse to save the life of the patient. In the case of misfortune, these can affect the nurses and mostly to perfectionists who is reluctant to delegate duties or ask for support.

The human mind is created in such a way that it requires rest after work.

This makes people take a rest and join their social groups away from their work environment. This can be limited by professions like nursing. Nurses should be involved in decision-making and their grievances taken critically

References

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