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A systematic review on exploring the burnout among nurses working in intensive care areas

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Background: Intensive care units in hospitals provide treatment and support to the critically ill individuals. Healthcare staff mainly nurses working in these units manifest dissatisfaction with their jobs termed as burnout due to stressful environments and continued working hours necessary for the care of severely ill people. Several studies manifest that nurses relatively faces more burnout when compared with doctors or allied staff. In the past couple of decades, this issue has been recognized as a major factor impacting nurses overall performance and programs aimed at reducing burnout have been proposed.

Objective: The objective of this study is to evaluate burnout conditions among nurses all across the globe and available strategies/ programs aimed at mitigating this issue.

Methods: Scientific publications relevant to nursing burnout were retrieved from Cumulative Index of Nursing and Allied Health Literature (CINAHL) and MEDLINE. All these publications were categorized based on geographical location of the study and measures being used to mitigate nursing burnout.

Conclusions: A careful evaluation of studies revealed that nursing burnout is a universal phenomenon and there is a need for devising a highly integrated global strategy to control this issue. Mitigating burnout among nurses will boost their morale in the discharge of their duties ultimately improving the level of care provided to critically ill patients in the intensive care units.

Keywords: nursing, burnout, intensive care unit, intensive treatment unit, intensive therapy unit, high dependency unit

Biography

Shabab has completed his BSN at the age of 27 years from Flinders University and his master study at the age of 30 from King Abdul-Aziz University School of administration. Currently, he is doing his second master in nursing education at Salford University. He is acting as ICU supervisor at literature hospital with 22 ICU bed capacity from 2011 till September 2014 under General Directorate of Health Affairs in Riyadh Region in KSA.

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