

The Burnout Syndrome in the Nurse, during the COVID-19 Pandemic, in the Period between 2019/2021: An Integrative Literature Review

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Introduction

There is no doubt that evolution in nursing is currently one of the most discussed topics in the health area. Nursing, like any other profession, is constantly influenced by the environment in which it operates and the development of a new idea would only occur if the social, intellectual and technological context provided the conditions for this.

Science or an art, what is nursing? The two form a synergistic relationship, the sum of which is much greater than each individual entity. Nursing education, practice settings and nursing roles have changed significantly, along with the health care landscape has changed a lot over the years. Many positive results were achieved. With patients more informed and looking to get more and more involved in health.

Description

The role of nursing goes beyond direct patient care. Nurses are respected as autonomous professional members of the healthcare team. Technological advances have significantly improved patient outcomes. Among some challenges, staff shortages threaten the ability to provide high-quality health care and, in some situations, safe patient care. Although the nursing profession faces many challenges, it will prevail. The importance of nursing will continue to evolve to meet the needs of the population. Nurses will continue to play an active role in shaping the health care landscape as problem solvers, as well as addressing scarcity issues in the profession. With a long way to go, there is still a long way to go. The achievements of nursing over the years have been notorious, but many must be accomplished.

In the past, nursing presented few possibilities of action. The options were restricted to the hospital area, particularly healthcare. Currently, the areas of activity related to public and private health services continue to be the ones that offer the most opportunities for nursing. However, the recognition of this professional as a key figure in the health team has significantly increased the number of nurses occupying leadership positions, at different levels, in all health organizations, private or public, large or small. Nursing conquering possibilities of action in other areas such as innovation, technology, leadership, primary care, teaching and research. The nurse assumes the coordination and planning of patient care, providing a set of different types of assistance such as prescriptions and assistance, and this professional is increasingly sick.

Several authors alert to a continuous growth of Burnout Syndrome, in Nursing professionals, due to changes and demands at work, Maslach and

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Leiter point out how hostile and demanding the work environment is cold, making the professional more and more feeling exhausted, dealing with the risk of getting sick at work together with a pandemic and carrying out their daily activities in the environment they are inserted [1].

Studies indicate that Burnout Syndrome is visible in health, education and police professionals, thus affecting mainly professionals in the service area, as they are the most vulnerable and favorable categories, although there is a tendency to investigate the phenomenon in other categories [2,3].

According to Freudenberg HJ [4] "Burnout is a consequence of long-lasting occupational stress, which is related to a set composed of isolation behavior, exhaustion and disillusionment of the professional regarding his/her work job".

Although they always have effective treatment and follow-up actions for this group of professionals, at the present time public health is facing a great challenge, with the emergence of COVID-19, caused by Coronavirus that is part of Severe Acute Respiratory Syndrome 2 (SARS-COV2) that in December 2019 in the province of Wuhan in China, it had its first report, unlike other diseases caused by the coronavirus pathogen, SARS and MERS [5].

Conclusion

The existing problem of the potential impact that this pandemic is causing, not only on health, but in the field of Psychic health, the professional with Burnout Syndrome, the central theme of this research, which seeks to investigate the work of nurses in the midst of the Pandemic, how is the mental health of workers, the prevalence and predictors of this syndrome. Health is defined as the state of physical, mental and social well-being, and not as the absence of disease, World Health Organization (WHO), with a sustainable, collective perspective and quality of life. Faced with this theme, it is important to carry out an Integrative Review of Brazilian Literature and identify knowledge and triggering factors.

Conflict of Interest

None.

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