



Burnout Among Nurse's During Covid-19 : Main Problem and Strategies

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INTRODUCTION

Nursing burnout and care deprivation worsened during the COVID-19 pandemic, amplifying existing problems. Nurses face overwhelming organizational and clinical challenges, leading to burnout. Their lifestyles impact job satisfaction, energy levels, and work-life balance. Factors like diet, physical activity, sleep, social support, and time management influence burnout levels in nurses.

AIM

Find out which factors cause burnout in nurses during the COVID-19 pandemic and quality improvement strategies to overcome this problem.

METHOD

Cross sectional research, using primary data from surveys with the Copenhagen Burnout Inventory questionnaire during the Covid-19 pandemic. The respondents were 123 nurses from a private hospital in Malang, Indonesia. The study was analyzed using SPSS Version 26

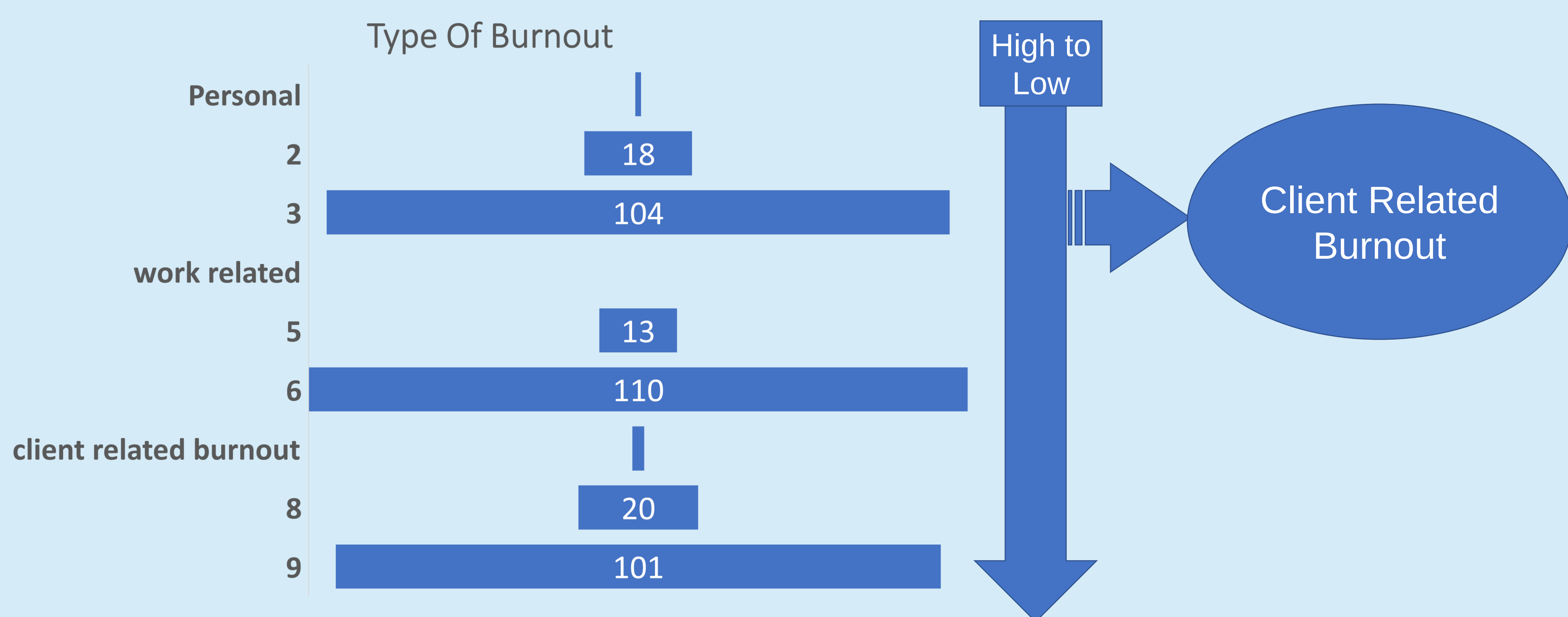
CONCLUSIONS

Burnout occurred in a minority of nurses, with a dominance in the client related burnout dimension with main problem feel give more than receive. Burnout in nurses is a significant problem that can have a negative impact on the quality of care provided to patients. The main cause of health workers feeling give more than receive is the perception of workload balance and job satisfaction in the work organization. Further research is needed on handling strategies based on problem prioritization.

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RESULTS

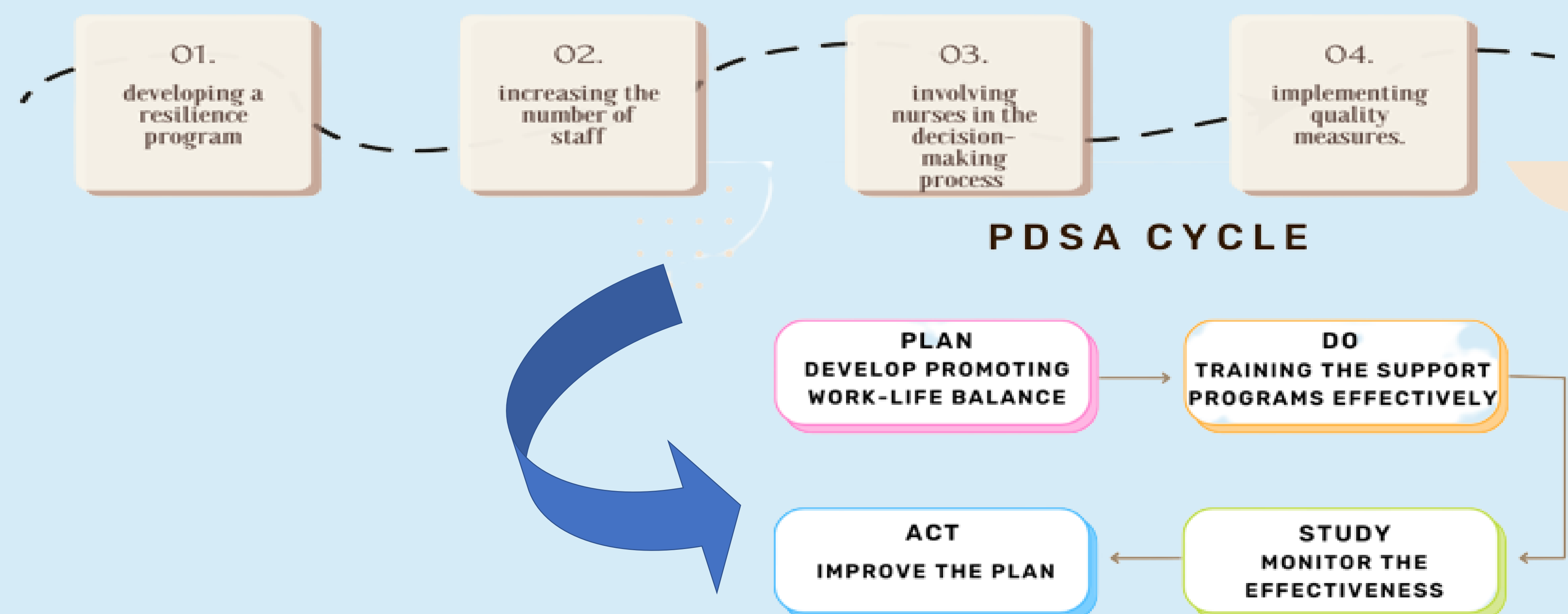


Question	Always	Often	Sometimes	Rarely	Never
Hard to work	0	0	19.5	38.2	39.8
Frustrating to work	0.8	0	14.6	39.8	43.9
Energy to work	0	4.9	30.9	42.3	22.0
Feel give more than receive	78.9	14.6	2.4	2.4	0.8
Tired of working	0.8	0.8	8.9	21.1	68.3
Wonder how long will be able to continue working	3.3	4.9	25.2	29.3	34.1

FISHBONE



Quality Improvement Strategies



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