

Integrative Review: Nurse Burnout in Gerontological Nursing

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Abstract

Purpose: The purpose of this integrative review of the literature is to evaluate the research on the prevalence of burnout within the geriatric nursing specialty and interventions that may decrease burnout and improve resiliency.

Review Methods: A search of the literature was undertaken in the databases CINAHL, PubMed, and Embase using the keywords “nurse burnout”, “compassion fatigue”, geriatric nursing”, “gerontological”, “job satisfaction”, “nurse turnover”, and “patient satisfaction”. Data quality was evaluated by the Johns Hopkins Nursing Evidence Based Practice Individual Evidence Summary Tool.

Results: A total of 202 articles were identified, of which 14 were included in this review. The key findings are that nurse burnout is prevalent in geriatric nursing and improvement programs that include a combination of interventions focused on the individual, such as cognitive behavioral therapy, mindfulness practices, stress management programs, and dementia caregiving training, may decrease nurse burnout.

Introduction

- Burnout rates are reported as high as 60% of healthcare workers
- Burnout affects individual nurses emotionally and physically
- Burnout is linked to negatively affect patient safety and satisfaction
- Burnout is linked to decreased retention rates costing hospitals systems millions of dollars.

Methods

Search Strategy:

A literature search was conducted in CINAHL, PubMed, and Embase databases using the terms “nurse burnout”, “compassion fatigue”, “geriatric nursing”, “gerontological”, “job satisfaction”, “nurse turnover”, and “patient satisfaction”.

The initial search included reviews, randomized control trials, multi-site studies and intervention studies in the years 1980-2017.

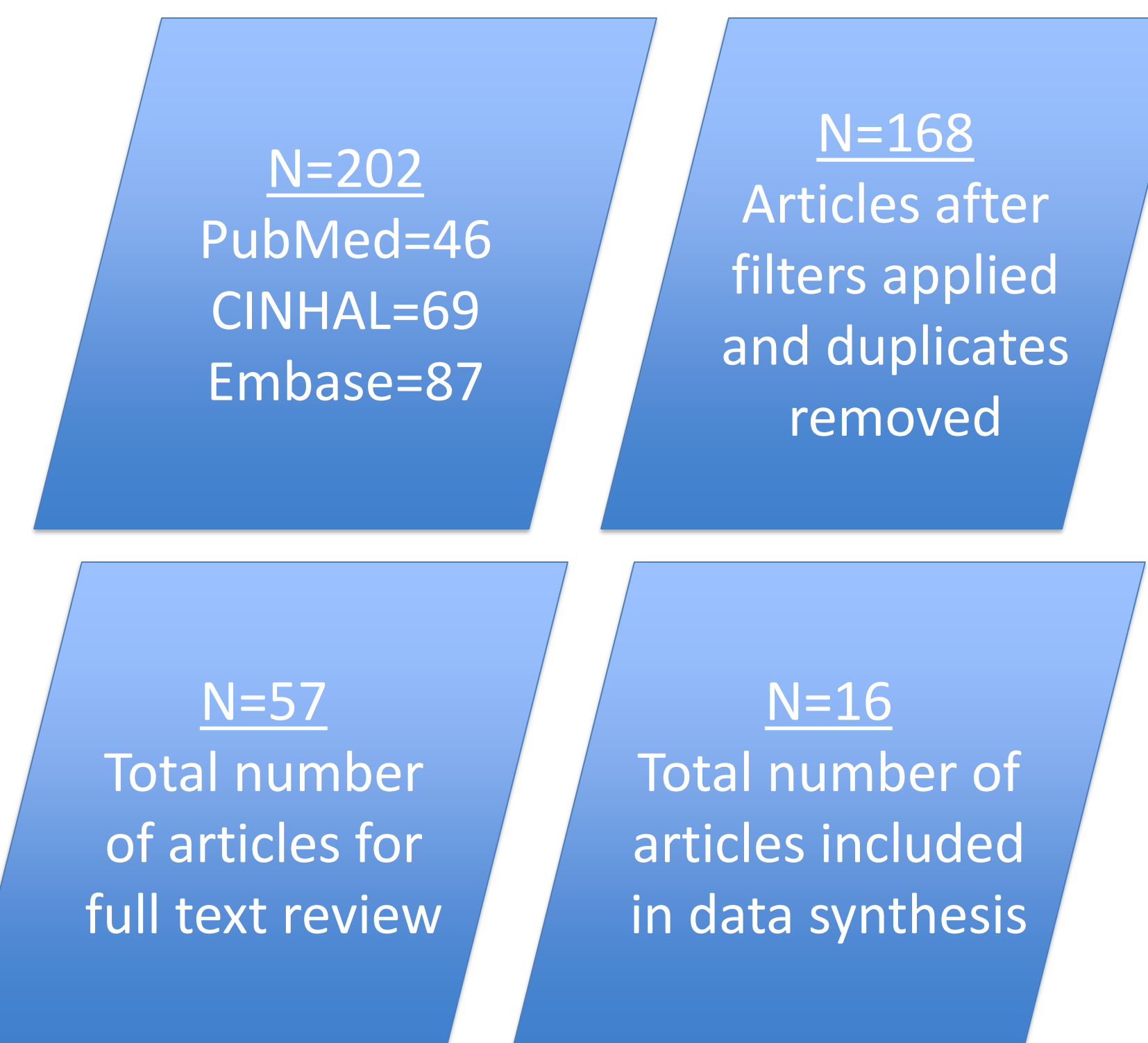
Limitations in the evidence search included very few articles about nurse burnout directly related to geriatric nursing.

Inclusion Criteria

Adult, Geriatric, Peer reviewed, English, Interventions, Registered nurses, Ancillary nursing staff

Exclusion Criteria

Non English, Non-full text articles, Professions other than nursing, Discussion papers, Commentary letters, Conference proceedings



Results

- Sixteen articles were reviewed and research validated that nurse burnout in geriatric nursing was a problem in the U.S. as well as globally.
- Articles showed that nurse burnout is associated with decreased patient safety and satisfaction.
- Interventions reviewed showed using combined treatment most valuable.
- More research is needed within this specialty.

Conclusions

- A combination of interventions have shown the most significant improvement in reducing nurse burnout.
- Programs that include: cognitive-behavior therapy, mindfulness, and stress management showed the most promising results.
- For geriatric nurses including training in knowledge and management of dementia was beneficial.

References

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