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Mental Health and Burnout Relating to Staffing Ratios Among Nurses during the COVID-19 Pandemic: An Integrative Review

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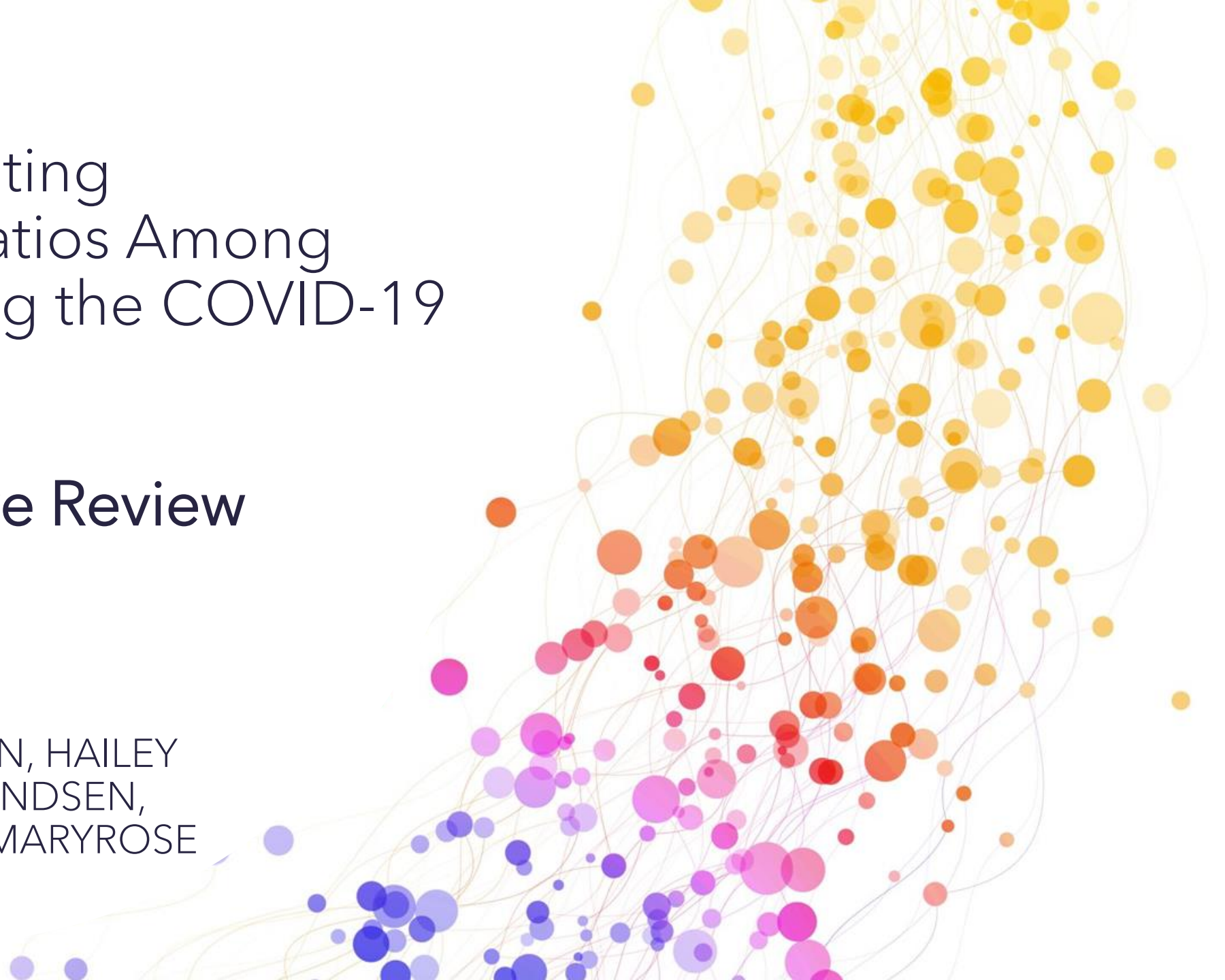
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Burnout Relating to Staffing Ratios Among Nurses during the COVID-19 Pandemic:

An Integrative Review

BY: JENNIFER BABIN, HAILEY
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INTRODUCTION & BACKGROUND

- Burnout
- Nurse-patient ratios
- Nurse and patient well being

Are acute care nurses with coexisting mental health disorders at an increased risk for caregiver burnout during the COVID-19 pandemic when managing high nurse-to-patient ratios?



METHODS & SEARCH STRATEGY

Inclusion Criteria

- Acute care Registered Nurses working during COVID-19 pandemic
- Nurse-patient ratios
- Burnout
- Existing mental health diagnosis
- English
- 2019-2022
- Peer reviewed

Databases

- CINAHL
- PubMed
- Proquest

Key Search Terms

- Acute care nurses
- Burnout
- Mental health
- COVID-19
- Pandemic
- Nurse-patient ratios

RESULTS

DATA ALIGNMENT (27 STUDIES SELECTED FOR REVIEW)

Study designs

- ✓ Cross-sectional
- ✓ Case control
- ✓ Cohort
- ✓ Literature Review

Sampling Methods

- ✓ Probability
- ✓ Non-probability

Statistical testing

- ✓ Descriptive
- ✓ Inferential

Rigor and Precision

- ✓ Validity and Reliability

Statistical analyses

- ✓ Nurse-to-patient ratios
- ✓ Burnout
- ✓ Mental Health and Personality
- ✓ Resilience

DATA DIVERGENCE & GAPS

Divergence

- Need more longitudinal studies
- Lack of detail surrounding mental health
- Study purposes varied
- Statistical analysis and methods alignment

Gaps

- Inclusion of all variables of this integrative review

LIMITATIONS & DISCUSSION

Limitations

- Minimal limitations between studies
- Important for methods to correlate with statistical analyses
- Important for inferential statistics to match assumptions, hypothesis or aim/objective statements

Discussion

- Biases
- Rigor: Internal and external validity of scales
- More inferential statistics needed
- Further longitudinal, rigorous studies for practical implications



[Photograph of Nurse Practitioner burnout]. Keeping Your Sanity: How to Prevent Nurse Practitioner Burnout. www.nursepractitioneronline.com/articles/prevent-nurse-practitioner-burnout/

RECOMMENDATIONS

Future studies should include:

- All variables of this research question
 - COVID-19
 - Coexisting mental health conditions
 - Burnout
 - Nurse-patient ratios
- Differentiation and effects of different mental health conditions

CONCLUSION

- All current literature results align
- Current state of science on this topic is incomplete and needs to be further explored
- Future studies can be used to improve:
 - Awareness & understanding
 - Nursing attrition
 - Support programs
 - Career satisfaction

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THANK YOU FOR
LISTENING

ANY QUESTIONS?

