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Burnout in the Nursing Profession: Causes and Management

**Faten Mohammady Saad**

*1* *Ain Al Khaleej Hospital, AL Ain, UAE  
  
E-mail: fradwan@ak-hospital.com*

**Abstract**

Nursing is a demanding and emotionally taxing profession that places healthcare workers at a higher risk of experiencing burnout syndrome. This abstract provides an overview of the prevalence, causes, consequences, and potential mitigation strategies for burnout syndrome in nursing. Burnout syndrome in nursing is characterized by physical, emotional, and mental exhaustion, often resulting from chronic exposure to workplace stressors. Factors contributing to burnout include high nurse-to-patient ratios, long working hours, exposure to suffering and death, and administrative pressures. This syndrome not only affects the well-being of nurses but also jeopardizes the quality of patient care and can lead to high turnover rates in healthcare facilities. The consequences of nurse burnout are far-reaching, encompassing decreased job satisfaction, emotional detachment from patients, increased medical errors, and reduced overall quality of care. Additionally, it can manifest as mental health issues, such as anxiety and depression, further exacerbating the problem.

Recognizing the critical importance of addressing nurse burnout, healthcare organizations and policymakers have implemented various strategies to mitigate its impact. Interventions often involve promoting self-care, stress management, and work-life balance, as well as improving nurse-patient ratios and providing support systems for healthcare professionals. Additionally, fostering a positive work environment, offering educational opportunities, and creating pathways for career development can help prevent burnout. In conclusion, burnout syndrome in nursing is a significant challenge that has a profound impact on both nurses and patient care. Addressing this issue requires a multifaceted approach, including better working conditions, enhanced support systems, and initiatives that promote mental and emotional well-being among nurses. By prioritizing the well-being of nurses and taking proactive measures to prevent burnout, healthcare institutions can maintain a high standard of care and ensure a sustainable and fulfilling career for nursing professionals.

**Keywords**

(“Nursing; burnout, emotional well-being”).

**Recent Publications:**

NSI Nursing Solutions. 2024 NSI National Healthcare Retention & RN Staffing Report. [nsinursingsolutions.com/Documents/Library/NSI\_National\_Health\_Care\_Retention\_Report.pdf](https://nsinursingsolutions.com/Documents/Library/NSI_National_Health_Care_Retention_Report.pdf)

**American Nurses Association. (2024). What is nurse burn­out? How to prevent it. April 25, 2024. nursingworld.org/content-hub/resources/workplace/what-is-nurse-burnout-how-to-prevent-it**

**Akkoç I, Okun O, Türe A. The effect of role-related stressors on nurses’ burnout syndrome: The mediating role of work-related stress. Perspect Psychiatr Care. 2021;57(2):583-96. doi: 10.1111/ppc.12581**

**Biography**

**I am Faten Mohammady Saad Mohammad, an Egyptian national born on April 8, 1989. I am a dedicated nursing educator with a bachelor’s degree in nursing with honours from Zagazig University (2010) and a Master's in Paediatrics Nursing (2018). Currently, I am pursuing my PhD at Cairo University. My professional journey includes working at Ain Al Khaleej Hospital in the UAE, Fatima College of Health Sciences, and Prime Hospital Dubai. I have also been a nursing instructor at Zagazig University and held leadership roles at Arab Academy Hospital. I am certified by the American Heart Association as a BLS and PALS instructor and have completed numerous specialized courses. I am fluent in Arabic and English, and I am learning French. My commitment to nursing education and leadership drives me to continually improve healthcare standards.**

**Presenting Author Details and Photo**

Full Name: Faten Mohammady Saad Mohammad Radwan  
Email ID: fradwan@ak-hospital.com  
Phone No: 971551815882

LinkedIn:   
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**A person wearing a white scarf

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