Nurse Burnout in the Emergency Department

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“Is a state of physical, emotional, and mental exhaustion caused by long term involvement in emotionally demanding situations.”
- Ayala
Background

- Study found 82% of Emergency Department (ED) nurses had moderate to high levels of burnout.
- 86% had moderate to high levels of compassion fatigue.
- Study compared oncology and ICU nurses as well and found them to be about the same.

(Hooper, Craig, Janvrin, Wetsel, & Reimels, 2010)
Symptoms

- Dreading going to work
- Loss of interest or little energy in work
- Feeling of purposelessness
- Easily irritated by coworkers
- Thoughts of quitting
- Blaming others for your mistakes

(Avoiding burnout: Maintaining a healthy and successful career, 2013)
What is the amount of burnout and/or compassion fatigue in the ED?
Objective

- Evaluate the burnout and compassion fatigue of ED nurses.
Methods

- Professional Quality of Life Survey (ProQOL) filled out by 15 working nurses within the ED

(Stamm, 2012)
Results

1- Compassion Satisfaction
(>50 = high satisfaction from work and <40 = low satisfaction from work)

2- Burnout
(<43 = low burnout and >57 = high burnout)

3- 2nd traumatic Stress
(>57 = high traumatic stress and <43 = low traumatic stress)

(Stamm, 2012)
Results cont.

- Average compassion satisfaction score: 36.1
  - (Range 27-45)
- Average burnout score: 23.6
  - (Range 15-35)
- Average 2nd Traumatic stress: 20.6
  - (Range 14-33)
- **Average years as a nurse- 13.125
  - (Range 2.5 - 34)

**There's no relation between increased years worked and increased burnout.**
Discussion

- Compassion satisfaction score reflected decrease satisfaction in ED nurses
  - Cronbach’s alpha score reliability of compassion satisfaction = 0.88

- Burnout score and 2nd degree traumatic stress score did not reflect high incidence of burnout or traumatic stress
  - Cronbach’s alpha score reliability of burnout = 0.75
  - Cronbach’s alpha score reliability of 2nd degree traumatic stress = 0.81

**KEY:**

- **High stakes**
  - Cronbach’s Alpha: 0.90 or higher (excellent)

- **Medium stakes**
  - Cronbach’s Alpha: 0.70 or higher (good/acceptable)

- **Low stakes**
  - Cronbach’s Alpha: The higher the better but not always possible to get high values (e.g., short formative quizzes)
Recommendations

Ask ED nurses ways to decrease burnout and compassion fatigue

Additional Recommendations:

● Think three positive thoughts per day (Duke University)
● Restricting number of 12-hour shifts in a row (Walsh, 2013)
● Recognition of accomplishments for ED staff
● Relaxation room
References