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Programa de Pós-graduação
Stricto Sensu em Enfermagem

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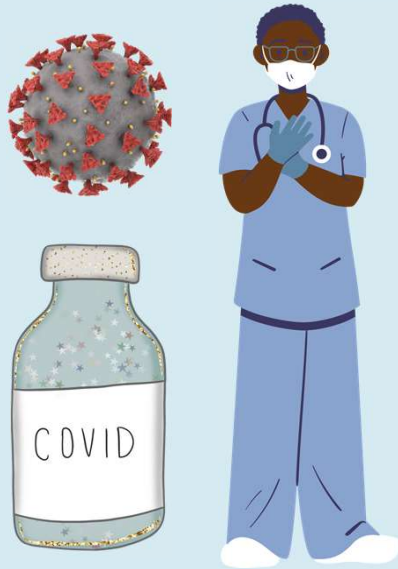


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Burnout Syndrome in Nursing Technicians in Intensive Care: the impact of the Covid-19 Pandemic

Problem



The COVID-19 pandemic has affected the nursing workforce around the world, leading to uncertainty, fear, emotional exhaustion, burnout, psychological distress, and sleeping difficulties.

In addition to being at the forefront of the pandemic response, nurses have reported negative impacts on their mental health.

Problem (cont'd)

More hospital beds



shortage of trained nursing professionals especially
Nursing Technicians



Objective



- To evaluate burnout syndrome in intensive care nursing technicians who care for patients with COVID-19.

Method

Mixed
Methodological
Approach



ICU of a Public
University Hospital in Rio
de Janeiro (Brazil).



Nursing Technicians
Períod: between April
and June 2021.



DATA COLLECTED

The Maslach Burnout
Inventory (MBI)



Semi-Structured Interview




DATA ANALYSIS

Quantitative data were
analyzed using SPSS
software version 25.0




The qualitative data were
submitted for content analysis
using the (IRaMuTeQ) software





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Results - Quantitative



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The sample consisted of 51 nursing technicians with a mean age of 39.9


74.5% women,
63.2% black,
68.6% worked during the day and had more than one job.



11.8% of the participants have high levels of Emotional Exhaustion,


21.6% increased levels of Depersonalization,

and 19.6% low levels of Professional Achievement.



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Results - Qualitative



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Potential factors for the development of Burnout.

Protective aspects of Burnout during the pandemic.

CLINICAL CONDITION OF THE PATIENTS

EMERGENCIES AND DEATHS IN TOTAL NUMBERS

COMPLEX WORK DYNAMICS

Good relationship between the team

GRATITUDE REGARDING THE WORKING CONDITIONS

recognition of their work considering the clinical aspects and their bio-psycho-spiritual needs

Some Testimonials

"Potential factors for the development of Burnout".



I wanted to cry, I wanted to run away, but necessity made us face our difficulties. I wanted to try, I wanted to give up, but I TOLD MYSELF, "I'm going to keep trying, and I'll take things one day at a time."(10)

It's a new disease which we didn't know about. I found it difficult for us to adapt and learn about the care and everything... it's an arduous and tense job, I found it to be a very difficult job.(1)



Some Testimonials

"Protective aspects of Burnout during the pandemic"

"They come calmly and teach the right way of working, and I have nothing to complain about the team, and the colleagues are wonderful. Because it's a new disease, every day we learned something different". (12)



"What I didn't mention was our safety. There were very few nurse technicians that contracted COVID-19 during one year of working. Almost no one died."(3)



Relevance to the topic



The prevention and treatment of burnout syndrome go beyond the individual benefits of professionals, reflecting on the work environment and better performance of organizations. The results can influence organizational management and support better leadership practices.



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*Thank's ^{for}
Watching*

