



## BURNOUT IN THE FIELD OF NURSING

Pediatric Nurses

&

ICU Nurses

### AGE

- Age is a factor that played a role in developing burnout syndrome.
- Results from a study conducted in 2020, showed that age was a contributing factor. It was concluded that if you are over the age of 35 you were at a higher risk for developing emotional exhaustion and depersonalization.



### COVID-19 PANDEMIC



- The COVID-19 pandemic was a time of resilience within the medical field. We looked at the effects of the pandemic on the nursing staff in particular.
- A study that was finalized in April 2020, looked at the short term repercussions of nurses working long hours on the front lines of this pandemic.

### PATIENT OVERLOAD

- Patient overload affects burnout rates because nurses can become easily overwhelmed.
- Having a lot of critically ill patients plays a role, too.



A study conducted within pediatric nurses found that

**40.7 %**  
intended to leave their job

**27.6 %**  
of nurses intended to leave due to burnout

How does working as a pediatric nurse compared to working as an ICU nurse affect burn-out rates?

Whether working as a pediatric nurse or an ICU nurse, there are factors that contribute to burnout. Examples of factors include age, the COVID-19 pandemic, and patient overload. As we progress our research we hope to explore more factors related to burnout and encourage RNs to be aware of them.