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### Preventing Nurse Burnout

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# Preventing Nurse Burnout

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## Background

Registered nurses, and healthcare workers in general, have the highest job burnout rate. Studies have shown that one of the main causes of nurse burnout is inadequate staffing and nurse-to-patient ratios. Nurses have a high stress and vital job of often keeping people alive and healthy, so this burnout needs to be reduced as much as possible to keep all parties safe.

## Research Question

How does staffing impact nurse burnout among registered nurses? What are ways to decrease this burnout?

## Proposed Intervention & Implementation

An intervention that may aid in decreasing nurse burnout rates is having a "Mental Health Room" dedicated to healthcare workers where they can decompress from their stress on their mandatory 15–30-minute breaks. The room can include things such as:

- Dim lighting
- Essential oil diffusers
- Soft music
- Coloring tools
- Couches
- Stress toys
- Plants & pictures
- Games
- A television
- Books

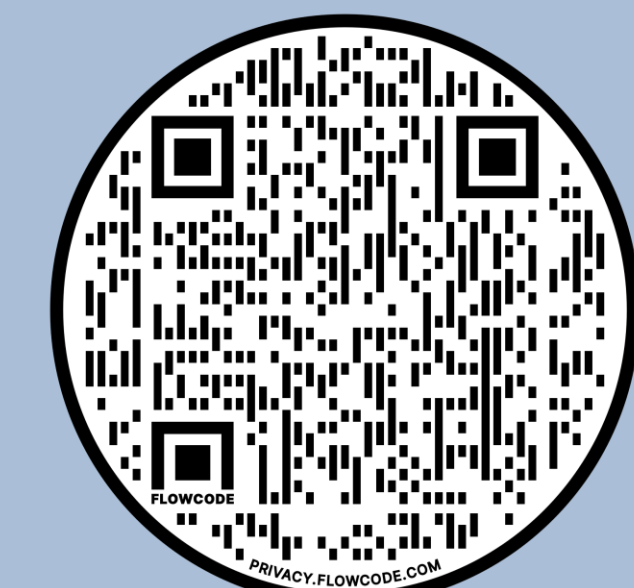
This time and room can be used for anything that will allow them to destress from their job. Studies have shown that doing activities that decrease stress and anxiety highly decrease job burnout over time. One of these rooms would be available on every floor of the hospital. Ideally, registered nurses would have first pick of the room, and other workers on the unit can use it if it is available during their break.



## Expected Outcomes

- **Physiologically:** the components of the break room can significantly reduce stress and anxiety by promoting the release of serotonin and dopamine, which are neurotransmitters that promote relaxation and happiness.
- **Psychologically:** the components of the break room can reduce anxiety or stress levels by calming the mind and release mood-boosting properties.
- Together, these aim to decrease overall stress at the workplace and decrease nurse burnout that is undeniably present.

## References



## **OPEN-ENDED QUESTION**

How can we, as nursing students, prevent burnout in nursing school, so that it can be carried into our future careers?