

# NURSES BURNOUT IN THE OPERATING ROOM<sup>1</sup>

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## Introduction

Burnout is a *stress* syndrome characterized by depersonalization, emotional exhaustion, reduced professional fulfillment, among other things, and is usually related to work. On the other hand, Burnout in Nurses has a great influence on their emotional and psychic deterioration, which will consequently lead to worse care for patients (Wei, et al., 2022). This deterioration is constituted by anxiety, depressive syndrome, substance abuse, and increased suicide rates (Wei, et al., 2022). It is also important to note that nurses when burnout can suffer health problems such as headaches, insomnia, irritability, consumption of illicit substances or musculoskeletal pain (Velando-Soriano, et al., 2022).

Operating Room Nurses are considered to be at the highest risk of exposure to traumatic events related to emergency surgeries, sudden intraoperative changes in patients' clinical status (including possible patient deaths) (Wang, et al., 2021). According to Velando-Soriano, et al., (2022) the course of surgical events can change unexpectedly, which forces nurses to be able to act and react to the various complications that may arise, which subjects them to high levels of stress (Velando-Soriano, et al., 2022).

## Materials and Methods

The objective of this study is to map the literature on the existing evidence on Burnout of Nurses in the Operating Room and to understand the causes of Burnout of Nurses in the Operating Room.

The methodology of narrative review of the literature was used and the research question was formulated, according to the acronym PCC.

The research was based on the following Boolean equation - Burnout AND Nurs\* AND Operating Room and was carried out on the EBSCO database aggregator platform, with the help of the following filters: publication dates between 2018-2023, inclusion/availability of the full text and articles available in English and Portuguese.

The prism flowchart was used to select the articles, and a table with the following fields was used to extract the data: author (year)/ title/country, study objective, study methodology, where we included the type of study and population, and finally, the causes.

## Results and Discussion

Based on the methodology used, we came up with 6 articles, which were published between 2018 and 2023 and were studies carried out in countries such as Germany, Spain, the United States, China and South Korea.

All studies founded were used Quantitative Metodology (Statistical Analysis; Cross-sectional study; Descriptive Cross-sectional Study and Stratified Sampling Method).

Our results were mainly based on the overload of health systems, increased workload, work complexity, work pressure, workload, increased physical/work stress, work environment conditions, physical and emotional exhaustion/frustration, emotional exhaustion, loss of motivation, depersonalization, professionals feeling little professional fulfillment, commitment to work organization, impaired communication ability/competence, resilience, cumulative risk of traumatic events and work-related traumatic events.

Two articles referring to covid-19 were used because it was a triggering factor for Burnout in nurses, causing significant challenges for various sectors of society, impacting not only the physical health but also the mental health of professionals.

As a consequence of Burnout, we identified the great influence of nurses' emotional and psychic deterioration, which will consequently lead to worse patient care (Wei, et al., 2022).

## Conclusion

All the results we obtained through the above methodology were essentially based on the overload of health systems, an increase in workload, exhaustion, among others. However, we were able to observe that, as a consequence of Burnout, there is a great influence of nurses' emotional and psychic detheory, which will consequently lead to worse patient care.

In terms of limitations found in this study, we can affirm that the number of articles found was quite small, which led the group to a more succinct and exhaustive reading of the articles in order to be able to extract both information and results.

Finally, as suggestions for future research, we recommend that each article also address strategies implemented by the nurses themselves in order to overcome burnout.

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