

NURS FPX 4000 Assessment 2

Applying Research Skills

Research skills are inseparable skills that give an individual the power to gather, analyze, and interpret the data required for informed decisions. In this era of information, skill transfer is more vital than before, regardless of whether you are a student, a professional, or somebody who just wishes to expand your knowledge. The objective of this guide is to provide a thorough introduction to the basic research skills and methodologies to impart practical advice and techniques that will equip you to become an efficient and good researcher. Benefiting from the experience gained since 2019, this manual informs you about the basics and gives you optimal instruments to manage different research settings. In nursing, burnout has recently become a major issue that affects not only individual nurses but also the whole healthcare system in general. While dwelling deeply into the intricate field of confronting nurses' burnout, we will rely on the knowledge amassed since 2019 as our foundation for understanding the problem and appropriate interventions. The purpose of this guide is to empower researchers with the essential tools and techniques that will enable them to face up to the burnout phenomenon among nurses using contemporary research advances.

Academic Peer-Reviewed Journal Articles

To the overarching problem of burnout among nurses, academic journal articles that are published in peer-reviewed journals guide it. The scientific community is progressing in the process of discovering the details of this mysterious syndrome after different research studies have contributed significantly. Likewise, Gómez-Urquiza et al. (2021) performed a systematic review and meta-analysis and made it possible to explain the high proportion of nursing staff that suffers from burnout syndrome, which includes nurses. This thorough exploration of job stress rates gives an important foundation for the scale of the problem, stressing the need to make an effort to give in to it in the nursing profession. Nurse burnout in the USA is a function of multiple elements, both at the individual and organizational levels. Their discoveries support the need for an integrated approach toward combat nurses' workplace conditions including workload, co-workers, and work environment (Shanafelt et al. 2020). Moreover, Bakker as well as focused on the connection between job demands, job resources, work engagement, and work-home interference among nursing workers from the Netherlands.

The study of this group emphasizes the idea that creating a balance and the right factors at work helps in resilience and avoidance of burnout. The second approach was of Admi, et al., (2020). He investigated the influence of a resilience program on burnout reduction and the enhancement of well-being among nurses. Their assessments will be of a specific case, and the

outcome of that intervention can be feedback in light of the strategies evidence-based that support a nurse's mental health. The presence of burnout in the field of healthcare in Saudi Arabia and the role of cultural nuances influencing the design of culturally apt interventions which is appreciated by nurses all around the world under analogies like that (Hamaideh et al. 2021). These exclusive articles create more depth of the burnout issue among nurses and help to achieve effective measures of prevention of the disease and organization of nurses' personal lives and ultimately the quality of patient care.

Assessing Credibility and Relevance of Information Sources

Credibility assessment of information sources is necessary if you want to explore the problems of healthcare professionals' burnout because only accurate and trustworthy information would be used to extract the required data and information. The process of selecting sources is based on components such as the author's experience and qualification, the reputation of the publication as well as peer reviewing, and the crucial element of potential bias or conflicts of interest. When it comes to burnout among nurses, credible sources should be considered as those published in nursing or related fields. The published sources should only be peer-reviewed, and those that are written by nurses or other health care professionals. Likewise, one can mention the work of Gómez who sought to explore the prevalence of burnout syndrome among nursing professionals through a systematic review and meta-analysis (Gómez-Urquiza et al. 2021). This research satisfies the prerequisites of credibility. The main authors include nursing researchers, who have presented the study at a top-tier, peer-reviewed journal. The latter has gained its reputation for the completion of the external process of expert review by competent peers. Additionally, Studentsshanafelt et al. (2020) work, which focuses on the factors for nurse burnout in the U.S., was also published in an academic journal and experts with knowledge of health care and occupational health matters did the research.

Bibliography

Gómez-Urquiza, J. L., Aneas-López, A. B., Fuente-Solana, E. I., Albendín-García, L., Díaz-Rodríguez, L., & Fuente, G. A. (2021). The prevalence of burnout syndrome among nursing professionals: A systematic review and meta-analysis. *International Journal of Environmental Research and Public Health*, 18(3), 1325.

<https://doi.org/10.3390/ijerph18031325>

This systematic review and Meta-analysis carried out by Gómez-Urquiza et al. summarizes comprehensively the burnout syndrome prevalence among nursing professionals including

nurses. It combines the outcomes of multiple studies which provides deep information concerning the magnitude of burnout among nurses. This article not just implies the range of the issue but also stresses the necessity of resolving the nurses' burnout problems.

Shanafelt, T. D., Noseworthy, J. H., & Young, J. L. (2020). Factors associated with nurse burnout in the US. *JAMA*, 323(20), 2135-2136.

<https://doi.org/10.1001/jama.2020.5625>

This article published on JAM which has been done by Shanafelt et al tries to explore the different factors that nurse burn out in the USA. Among others, the study determines the level to which individuals and organizations contribute to occupational fatigue, for example, workload, work environment, and interpersonal relationships. The introduction of this article justifies this because it provide clues to possible modules for addressing burnout among nurses, this knowledge is useful both in research and practice in the medical field.

Bakker, A. B., & Demerouti, E. (2021). Job demands, job resources, and work engagement among Dutch nursing professionals: A focus on work-home interference. *Journal of Nursing Running*, 29(3), 469-477.

<https://doi.org/10.1111/jonm.13231>

It addresses the question of the influence of workload, job resources, and work engagement on nursing personnel's work-home interface within the Dutch context. This study has focused on the issues causing burnout among nurses and has availed the same to help develop interventions that prevent and reduce this problem among nurses. This article is appropriate since it adds to the complexity of critically examining burnout among nurses. The inclusion of this article is imperative as it enables us to get a perspective on the complex dimensions of burnout among nurses.

Admi, H., Moshe-Eilon, Y., Sharon, D., & Mann, M. (2020). The impact of a resilience intervention program for nurses. *Nurse Education Today*, 86, 104328.

<https://doi.org/10.1016/j.nedt.2019.104328>

This paper aims to determine the effect of a resiliency program on burnout and the overall well-being of nurses. It helps in the evaluation of the outcomes of an intervention thus it signifies the evidence-based strategies for the mental health of nurses. The embracement of such an article is legitimate and offers effective implications in the building of resilience strategies to prevent burnout among nurses.

Learnings from the Research

Nurses' burnout is an issue that research is focused on. Research is focused on this issue so that we can see all the causes of this phenomenon and deal with it comprehensively. Findings from scientists provide a research-based answer to one of the nurses' biggest problems, burnout, which not only has a wider scope but almost certainly leads to intervention. In other words, the research paper highlighted several aspects that led to nurse burnout. The determinants are defined as workload, workplace environment, and relationship network at work. So, along with these dimensions, we must try to find ways out of them and immunize new workers from burnout. It can be argued that nurse burnout can be simply eliminated with the creation of a healthy work-life balance, which should be supported by all healthcare organizations. The final note, as the most interesting point, is how to provide alternatives for decreasing burnout in their research. Here, cultural components such as those pointed out in the work simply call for integration into the design of interventions to achieve the best results in different care systems. This amount of evidence, though not entirely conclusive, demonstrates that evidence-based interventions that bring forth nurse burnout under the spotlight and safeguard them as well as their patients' health are targetted approaches.

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