

# Evaluation of Nurses' Burnout among Nurses at Hospitals in Nasiriyah City Iraq

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## Abstract

**Objective:** To evaluate burnout among Nurses at Hospitals in Nasiriyah City,

**Methodology:** The sample of the study was purposeful and included (216) nurses, who were selected from hospitals from October 2, 2016, to June 28, 2017 CE.

**Results:** The study's results have showed (63.9%) of the sample were (19 - 28) years, (74.1%) of the sample have experience of year (<10), (41.7%) were preparatory, (95.8%) of the sample were Urban, (47.2%) of the sample were Sometime enough of Economic status, the results have revealed that there is a moderate assessment in for an overall satisfied related to job satisfaction (128, 59.3%).

**Recommendations:** The study recommends an Establish laws that protect nurses from abuse and stress at work. Commitment by the ethics of the profession and work according to the policy of the institution.

**Keywords:** Evaluation; Burnout ; Nurses, Hospitals, Nasiriyah City.

## Introduction

Reported was shows that 40% of nurses in the hospitals experience burnout and about every five hospital nurses there is one of them think of quit work over the next year, nurses suffered from burnout because they have a wide range of tasks and long working hours, and contacts with doctors, other co-workers, the patients, and patients' families. <sup>(4)</sup>

Also, nurses are particularly vulnerable to stress. About 25% of all nurses suffer from stress, as shown by the results of two European epidemiological studies <sup>(5)</sup>

High levels of absence among healthcare professionals and poor mental health may lead to a lowered goodness of patient care <sup>(10)</sup>

Stress often comes from your work, but anyone who feels overworked or undervalued is at risk of overwork, the characteristics of your lifestyle and personality traits can contribute to overwork, what do you do when you stop working and how you look at the world can play a big role in causing stress like Requirements for work or

home, fatigue is a gradual process, signs, and symptoms are hidden at first but get worse over time, think of the early symptoms as red signs that there is an error that must be addressed if you pay attention and work to reduce stress, you can prevent a major breakdown, if Ignore them, it will burn in the end <sup>(31)</sup>

A chronic condition of emotional and physical exhaustion that results from excessive work and/or personal demands and constant stress, and it describes feelings of emotional exhaustion and fatigue caused by work. It manifests itself in both physical fatigue and a sense of emotional and psychological drained <sup>(32)</sup>

Studies have been isolated from occupational stress among health workers, especially in Nigeria at best, there has not been a sufficient comparison study between professionals on stress among health workers, police personnel and teachers.<sup>(34)</sup>

A review of staff pressure in healthcare settings in 17 countries found that nurses in most countries experienced high levels of stress. Many researchers have described the nurses' work as stressful work. <sup>(2)</sup>

Nurses are the largest health profession in Canada, with over 300,000 regulated nurses. Nurses have been identified as experiencing high levels of occupational stress, due to work overload, role conflict, aggression and working with traumatized patients. An adverse consequence to occupational stress in nurses is absenteeism (taking days off work), low job satisfaction and leaving the job (turnover).<sup>(8)</sup>

### Methodology

A descriptive study was conducted at Thi-Qar Governorate in Al- Hussein Teaching Hospital, Bent AL\_Huda Hospital, Al-Musawy Hospital and Al-Haboby Hospital from the period of the October 2<sup>nd</sup> 2016 to June 28<sup>th</sup> of 2017.

The sample is purposive “ Non-probability” of 216 nurses who work in the units from which the study

sample was recruited, in the above mentioned hospitals.

The questionnaire has been adopted after an extensive review of available literature and related studies. The study instrument consists of three parts. The first part includes participants’ demographic characteristics of age, gender, level of education,...etc. The second part is related to burnout.

Data collected by the researcher are from nurses who work in the above mentioned hospitals by interview and through filling a tool .

Truth of the tool is determined through pilot study Cornbach’s alpha which has been (0.80), while the validity obtained by experts in the field.

Statistical analysis was performed using the Microsoft office excel 2007 and SPSS package (version 19).

### Results

**Table (1): Distribution of demographical data (n=216)**

Rating		F.	%
Age	19 - 28	138	63.9
	29 - 38	54	25.0
	39 - 48	16	7.4
	49 -59	7	3.2
	> 60	1	.5
	Total	216	100.0
Years of experience	<10	160	74.1
	10 -19	43	19.9
	20 - 29	8	3.7
	30 -39	4	1.9
	> 40	1	.5
	Total	216	100.0
Level of education	course	1	.5
	school	3	1.4
	intermediate	9	4.2
	preparatory	90	41.7
	institute	82	38.0
	college	31	14.4
	Total	216	100.0
Residence	Urban	207	95.8
	Rural	9	4.2
	Total	216	100.0

**Cont... Table (1): Distribution of demographical data (n=216)**

Rating		F.	%
Age	19 - 28	138	63.9
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	preparatory	90	41.7
	institute	82	38.0
	college	31	14.4
	Total	216	100.0
Residence	Urban	207	95.8
	Rural	9	4.2
Economic status	Enough	77	35.6
	Sometime enough	102	47.2
	Not enough	37	17.1
	Total	216	100.0

F. = Frequency ; % = Percent

This table reveals that, (63.9%) of the sample were (19 - 28) years, (74.1%) of the sample have experience of year (<10), (41.7%) were preparatory, (95.8%) of the sample were Urban, (47.2%) of the sample were Sometime enough of Economic status

**Table 2: Assessment for an Overall Satisfied Related to burnout**

Rating		F.	%
Overall Burnout	Mild	87	40.3
	Moderate	114	52.8
	Sever	15	6.9
	Total	216	100.0

Cut-off-point: 1-1.67 = Low; 1.68-2.33 = Moderate; 2.34-3.00 = High ; F= Frequency; % percentage;

This table presents that there is a moderate assessment in for an Overall Satisfied Related to burnout (114, 52.8)

## Discussion

The participants' mean age of more than half of them is within (19-28) years-old. This result is consistent with the study of Tziaferi S, et.al. (2010) who have found that most medical services and nurses were graduated from the technological foundation, having working experience for the general hospital, there an age at a mean of 30 years old. I agree with the study of (Tuama, 2019) who found that more than half of the nurses are within 18-27 years-old. This can be attributed to that most nurses who are participants in this study are newly employed; they are small in age. Besides, the researcher targeted certain units and departments in the hospitals like the emergency department, operation room, intensive care unit, and medical and surgical wards, and most of the newly employed nurses are assigned in this unit to get the required skills and experience.<sup>(16); (17)</sup>

Regarding the years of experience, the majority of the sample has ( $\leq 10$ ) years of experience in work, this result is consistent with the study of Velonakis MG and Tsalikoglou F, (2010) who have found that The greatest proportion of respondents have less than 10 years of clinical experience (51%). This can be attributed to that most nurses are newly employed, and have less than 5 years of working experience. It was the criteria of the study.<sup>(18)</sup>

Less than half of them have a Preparatory Nursing School at the level of Education. This result is consistent with the study of M. H. P. Marziale and O. S. Hong, (2005) who have found that in relation to the level of schooling, most nurses have a high school education prevailing (54.3%) which is the minimum requirement to carry out the function. This can be attributed that the number of nursing institutes and colleges has been very limited in the last years, in comparison to the huge number of preparatory nursing schools. <sup>(19)</sup>

The majority of them live in urban areas. This result agree with Amare et. al., (2013), indicated that the

majority of the study participants were living in urban areas (61.8%). This can be attributed that most hospitals lie in the city center where they are more close to nurses. Moreover, most of rural men prefer to work in their farms rather than looking for other jobs.<sup>(20)</sup>

Finally, regarding socio-economic status, less than half of them report that their monthly income is somewhat sufficient. This can be referred to, as mentioned earlier, most of those nurses are newly employed and the higher the years of working, the higher the monthly wages.

Concerning to the burnout, the study subjects responses were moderate at the burnout. This can be attributed that, over time work in the work place and shortage in the nursing staff.

## Recommendations:

The study recommends an Establish laws that protect nurses from abuse and stress at work. Commitment by the ethics of the profession and work according to the policy of the institution.

**Financial Disclosure:** There is no financial disclosure.

**Conflict of Interest:** None to declare.

**Ethical Clearance:** All experimental protocols were approved under the College of Nursing and all experiments were carried out in accordance with approved guidelines.

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