

00151 Exploring Registered Nurses' Perception of Burnout and Strategies That Cope With Factors Influencing Burnout in an Acute Tertiary Hospital in Singapore

Nathan Linda Marie

Sengkang General Hospital

Aims: The main aim of this study was to explore registered nurses (RNs) perceptions on burnout and to ascertain the various factors that had led to burnout. It was also to identify ways or strategies to cope with burnout.

Methodology: The participants were selected from the eight wards. A total of 10 nurses who met the inclusion and exclusion criteria were purposively selected. Semi-structured interviews were conducted using a set of semi-structured questions. Each interview lasted approximately 60 minutes and was recorded using a digital recorder. Verbatim of each participant was transcribed.

Result: Qualitative content analysis was used to analyse data. Interview data was repeatedly read, and coding was performed. The four major themes identified within the data were (1) perception and experience of burnout, (2) consequence of burnout, (3) risk factors and (4) protective factors.

Conclusion: RNs had perceived burnout as extreme stress that could lead to burnout. Various factors such as increased workload, fast turnover, handling difficult patients and lack of support from supervisor had led the RNs to likely experience burnout. It is imperative that healthcare organizations adopt effective ways to address burnout as impacts on nurses have detrimental effects. Future studies are recommended to test the effectiveness of strategies implemented by the organisation to different groups of nurses.