

## **Burnout in nursing professionals during the Covid-19 pandemic**

**Carlos Felipe do Nascimento dos Santos<sup>1</sup>, Rita de Cássia Fernandes Borges<sup>2</sup>.**

### **ABSTRACT**

This study examines the impact of occupational stress on nurses, particularly exacerbated by the challenges of the COVID-19 pandemic. It delves into various stressors affecting nurses' mental health, leading to potential Burnout Syndrome (BS). The research, conducted through a literature review, encompassed both qualitative and quantitative data from studies published between 2020 and 2023. Nine articles were analyzed, sourced from databases including SCIELO, LILACS, and PUBMED. Key stress predictors identified were work overload and impaired social interaction. The study highlights preventive measures, such as multidisciplinary support, reduced working hours, psychological assistance, financial benefits, and training workshops. It emphasizes the importance of nurses' role in recognizing early signs of BS and facilitating referrals for specialized treatment.

**Keywords:** Burnout, Nurse, Psychological Exhaustion, Covid-19.

### **INTRODUCTION**

Occupational stress is a result of the way an individual copes with the demands of the job and copes with the challenges. Numerous sources can generate stress, affecting the individual level of stress experienced by nurses. The pandemic has exacerbated these issues, given the clinical breadth of SARS-CoV-2 infection. Coping with critical situations, such as those caused by COVID-19, can expose nurses to the exhaustion of their psychological resources, increasing stress levels and potentially culminating in Burnout Syndrome (BS).

### **MATERIALS AND METHODS**

This research consists of a literature review with a descriptive, exploratory, qualitative and quantitative character. Studies published between 2020 and 2023 were included, with keywords such as Nurse, Covid-19, Psychological Exhaustion, and Burnout in their abstracts. The sample included nine scientific articles, five from the SCIELO database, two from LILACS and two from PUBMED.

### **FINDINGS**

The main predictors found in this study were work overload, impaired social interaction, among others. A table was elaborated, indicating the main measures in the BS prevention strategies, such as

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<sup>1</sup> Paulista University – UNIP / SP

<sup>2</sup> Paulista University – UNIP / SP



multidisciplinary support, reduced working hours, psychological support, financial benefits, housing comfort, training and updating workshops. In addition to these strategies, it is crucial that nurses act in a welcoming manner, using their professional knowledge to identify early signs and symptoms of BS, referring professionals to specialized treatment.

## **FINAL CONSIDERATIONS**

The importance and relevance of research on this topic is highlighted, providing subsidies for new studies and expanding discussions on the impact of the Covid-19 pandemic on nurses' mental health. It is imperative that, based on this knowledge, interventions capable of reducing the devastating impacts on the mental health of nurses involved in the care of patients in a pandemic context are proposed.



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