

## Burnout in the nursing profession - a danger (not) to be taken seriously?



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## BURNOUT IN THE NURSING PROFESSION - A DANGER (NOT) TO BE TAKEN SERIOUSLY?



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GRIN Verlag Jun 2011, 2011. Taschenbuch. Book Condition: Neu. 210x148x3 mm. This item is printed on demand - Print on Demand Neuware - Seminar paper from the year 2011 in the subject Nursing Science, grade: 2,0, UMIT The Health & Life Sciences University, language: English, abstract: Problem description and objective: Everyday stress pushes people more and more to their limits. The consequence is an intrinsic and physical fatigue of those affected. The presented work scrutinises current studies with regards to the danger of getting sick with a burnout, as well as alternative therapies and interventions, which can help reducing the risk of a burnout. Method: An investigation of the data bases PubMed, Gerolit and DIMDI was performed from February 2010 to June 2010. Inquiries by hand were done in the libraries of the University of Vienna and the medical hospital of the general hospital of the city of Vienna. Results: Time pressure, lack of support from colleagues and superior, a work pace too high and night shifts are the main indicators for care attendants feeling exhausted and consequently not capable any more. Teachers are also especially susceptible to get sick with burnout, as dealing with problem students, classes with too many students, lack of appreciation and demanding expectations from parents make some pedagogues feeling spent after one year in their job, thinking about a job change. There are several therapies which can be used to reduce the risk of a burnout. Most of all, relaxation techniques like autogenous training or progressive muscle relaxation have proven themselves to be especially successful. Conclusion: Reduced working hours, more support from colleagues and the inclusion of relaxation exercise into the daily routine can help to prevent burnout, or reduce symptoms of a burnout already present. 44 pp. Englisch.



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