

# The Effect of Nurse Practitioners on Nursing Burnout in the ICU Setting: A Pilot Study

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## Overview

- Bedside nurse burnout is one of the leading causes of the nationwide nursing shortage.
- Some factors that lead to burnout include:
  - Poor team composition
  - Inadequate teamwork
  - Unclear roles and responsibilities
  - Lack of support
- Reduction in the factors is crucial in reducing nurse burnout and improving nurse staffing in intensive care units.
- Nurse practitioners are being staffed in intensive care units more frequently than ever before.
- This project evaluated the effects that full-time nurse practitioners had on burnout in bedside nurses working in intensive care units.

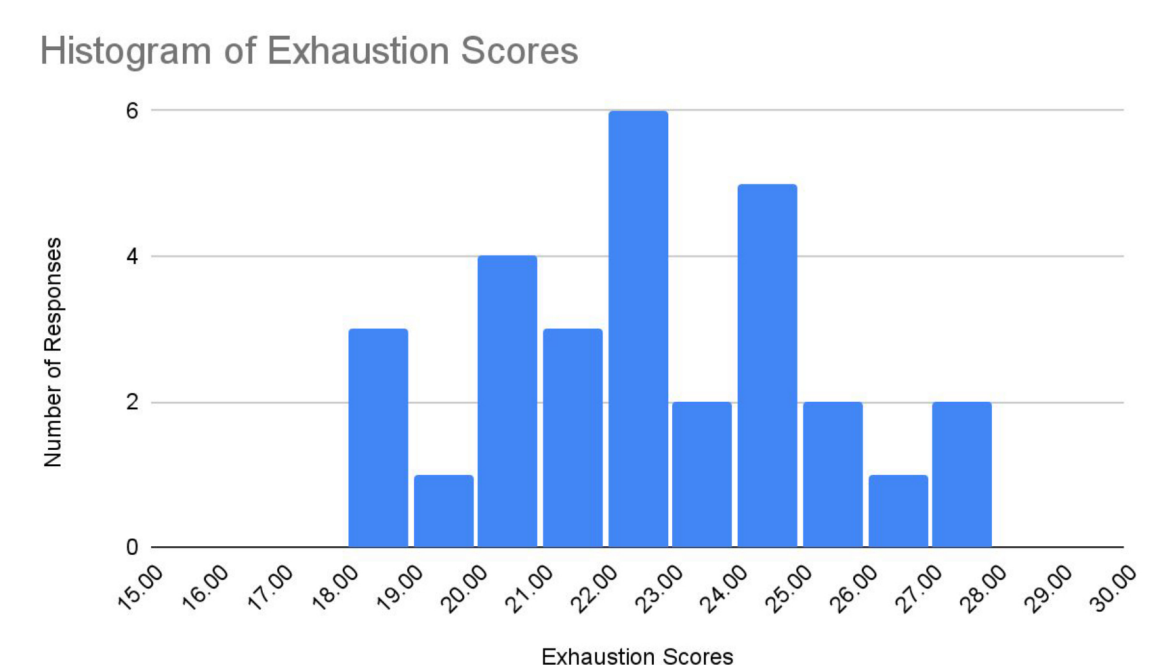
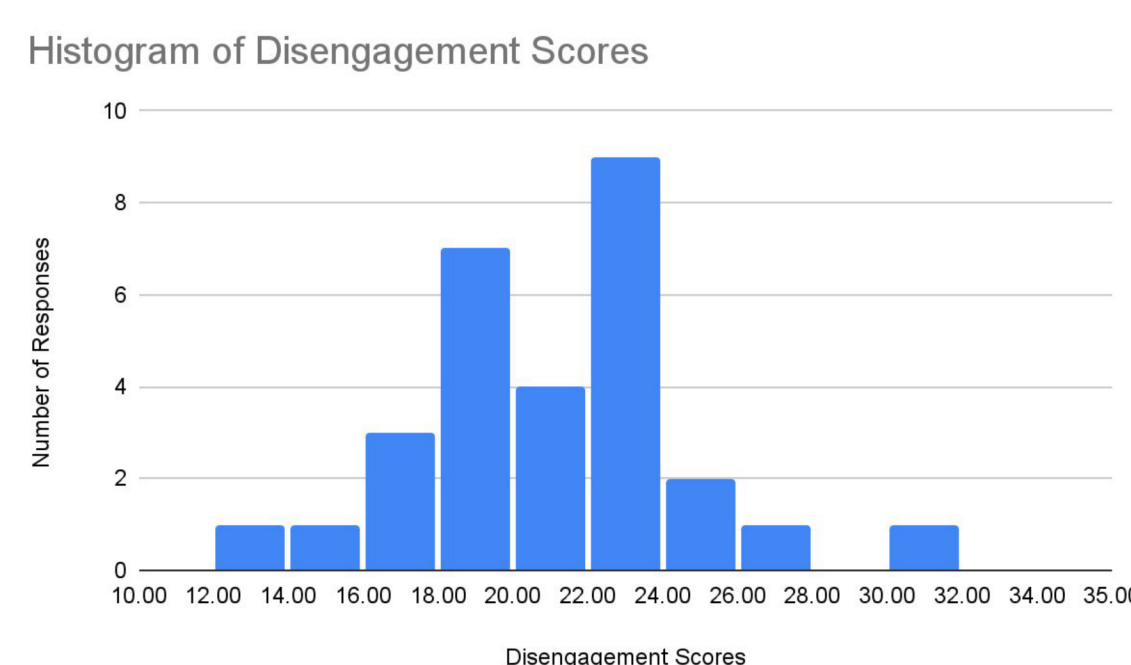
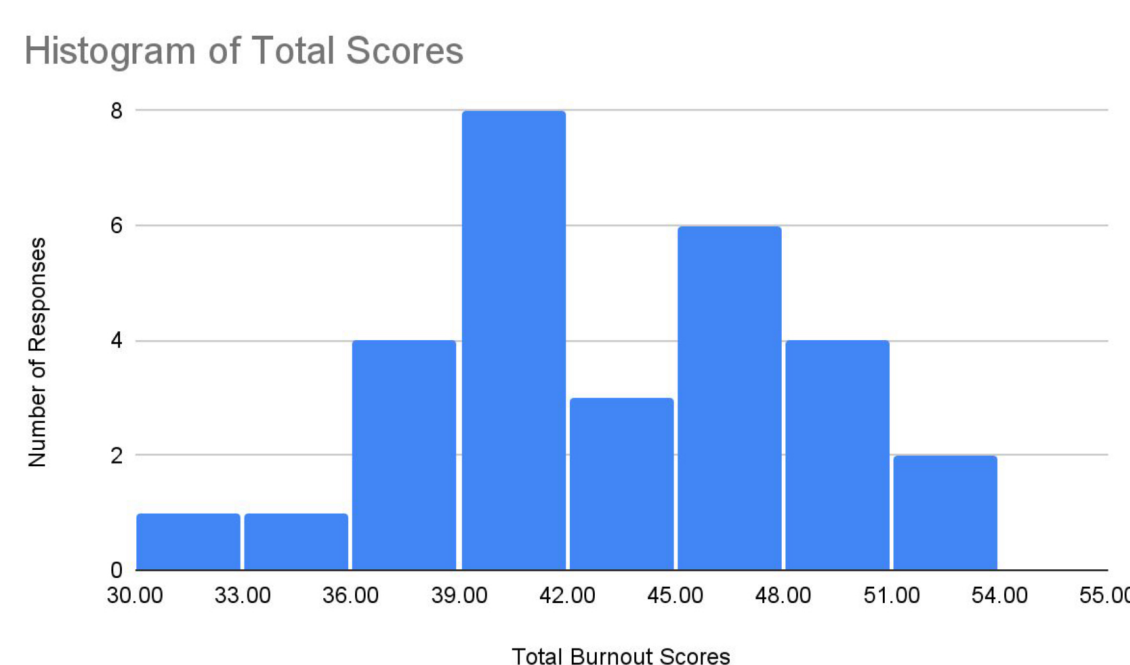


## Conclusion/Impact

- The pilot study proved that burnout is a wide-scale issue for bedside nurses in intensive care units.
- A reduction in burnout will impact the field of nursing by improving staffing ratios, maintaining adequate staffing, and increasing the delivery of safe care by healthy nurses.

## What's Next?

- In order to confirm the trends discovered in this study, it should be replicated on a larger scale.



## Results

- Each data set was analyzed using two-sided, independent t-tests.
- The p-values of the total, disengagement, and exhaustion scores from the Oldenburg Burnout Inventory are as follows: 0.143, 0.070, and 0.529.
- Due to a sample size of less than 30, the Cohen's d values were analyzed.
- Although the data sets are termed statistically insignificant by their p-values, the Cohen's d values suggest that with a larger sample size, the presence of full-time nurse practitioners would reduce bedside nurse burnout, increase bedside nurse engagement, and reduce bedside nurse exhaustion.

## Acknowledgements

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## References

