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

Hailey Palacios, mentor Dr. Tracy Lakin
College of Nursing

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
Funding for Honors Capstone Research projects provided by the UAH Honors College.

References