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Evidence-Based Practice:

Interventions to Combat Burnout in Intensive Care Unit Nurses

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Abstract

Background: This literature review summarizes the knowledge, causative factors, associations/relationships, and interventions of burnout, positive work environments, and sleep quality in intensive care unit (ICU) nurses.

Objectives: To answer the question, how effective is a positive work environment compared to psychological interventions, specifically improved sleep habits, in reducing burnout in ICU nurses?

Methods: A literature search was conducted using combined keywords in 4 databases of 10 peer reviewed publications from 2016 to 2022. Information related to burnout, positive work environments, and sleep quality in intensive care unit (ICU) nurses was compared and summarized.

Results: There is sufficient evidence that positive work environments and psychological sleep interventions are effective in reducing burnout among intensive-care unit (ICU) nurses.

Conclusion: Positive work environments and psychological interventions are effective in reducing burnout among ICU nurses. It is essential for collaborative change in the nursing profession to support these interventions to reduce the prevalence of burnout.