

BURNOUT LEVELS and SLEEP QUALITY IN NURSES DURING THE COVID-19 PANDEMIC PROCESS

SUMMARY

Introduction: Nurses, who are one of the most risky groups in terms of burnout among healthcare professionals during the COVID-19 pandemic; Sleep quality is affected due to various reasons arising from the way they work, the department they work in and the working time.

Objective: This study was carried out to examine the relationship between nurses' burnout and sleep quality during the COVID-19 pandemic.

Method: The universe of the descriptive and relation-seeking research consists of a training and research hospital in Istanbul; nurses working in internal, surgical, intensive care, emergency and polyclinic services (N=444); The sample consisted of 220 nurses who were determined according to the power analysis and met the inclusion criteria (actively working, willingness to participate in the study and volunteering). Before the data were collected, scientific research permission from the Ministry of Health, General Directorate of Health Services, institutional permission from the Provincial Health Directorate and ethical approval from the Clinical Research Ethics Committee were obtained. Data; It was collected through Nurse Information Form, Maslach Burnout Scale and Richard-Campbell Sleep Scale. The collected data were analyzed in the IBM SPSS Statistics 22 program.

Results: 86.8% of the nurses were female and 67.3% had a bachelor's degree, the average weekly working time was 52.99 ± 11.28 hours, 89.5% worked overtime, 62.7% it was determined that their place of work had changed, 38.2% could not reach social support resources, 70.5% cared for six or more patients a day, and 58.2% were considering leaving the profession. ; It was determined that the mean score of Emotional Exhaustion was 23.32 ± 7.77 , Personal Achievement was 21.34 ± 5.10 , Depersonalization was 7.55 ± 4.69 , and the Richard-Campbell Sleep Quality Inventory score was 49.47 ± 21.31 . There was a statistically significant negative correlation between nurses' Richard Campbell Sleep Scale and Maslach Burnout Scale Emotional Exhaustion and Depersonalization sub-dimension score averages ($p < 0.05$).

Conclusion: It was determined that the sleep quality of the nurses was not very good and they experienced burnout during the COVID-19 pandemic process. In this context, it can be recommended to improve the working conditions and working hours of nurses, to plan and implement in-service trainings to cope with burnout, and to provide psychological support.

Keywords: COVID-19, pandemic, burnout, sleep quality, nursing