

Palliative Care Unit Staff Burnout

: Background and Coping Strategies

Kaori Wada¹⁾, Mami Yagi²⁾, Syouko Sakai¹⁾, Miuyki Masuda¹⁾, Mayumi Okuda¹⁾, Yasumi Shigita³⁾, Kiyomi Taniyama⁴⁾

¹⁾ Palliative Care Unit, NHO Kure Medical Center/ Chugoku Cancer Center, Kure, Japan

²⁾ Medical Corporation WADOKAI Hiroshima Seaside Hospital, Hiroshima, Japan

³⁾ Nursing Department, NHO Kure Medical Center/ Chugoku Cancer Center, Kure, Japan

⁴⁾ President, NHO Kure Medical Center/ Chugoku Cancer Center, Kure, Japan



Introduction

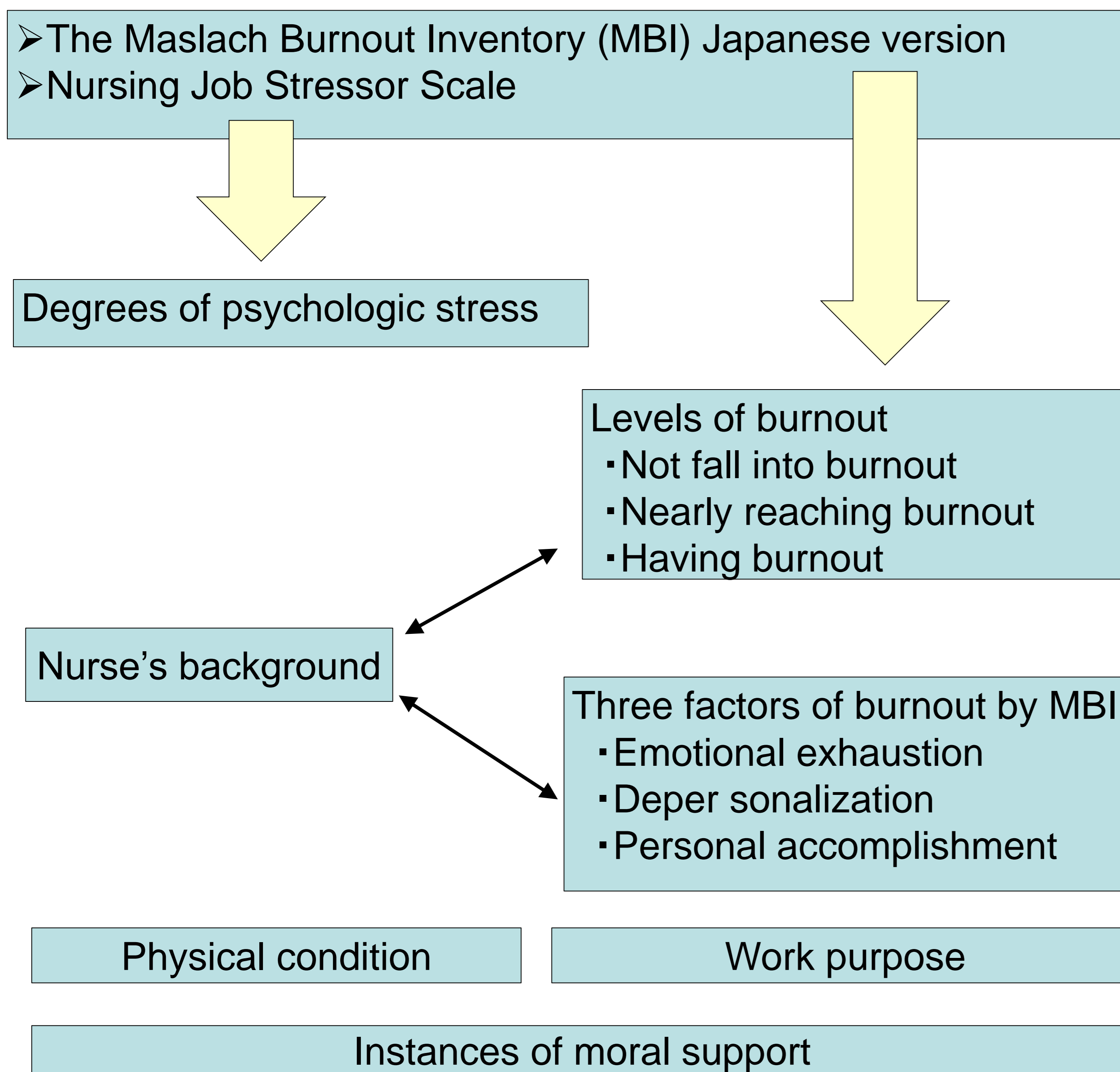
Palliative Care Unit (PCU) nurses are at risk of work stress because their role involves exposure to frequent deaths and family grieving.

To identify current levels of burnout among PCU nurses, and to investigate **to whom** and **how** we should act to address burnout.

Methods

Eleven PCU nurses at KMCCCC were enrolled in the study.

Participants signed consent forms and the study was approved by the KMCCCC ethics committee.



Results

The average age of the nurses was 36.3 years, and nurses worked in nursing for 14.5 years and specifically at the PCU for 7.4 years. Five nurses (45%) were single.

Burnout prevalence was higher in nurses of the following categories:

1. In their thirties
2. Career in nursing for 15-19 years
3. Not professionally interested in PCU
4. Negative workload
5. Single

Comparison between Nurse's background and Levels of burnout

n=11

Nurse's background	Number	Having burnout (of five people)
Age	30s	5
	40s	5
	50s	1
Career in nursing (year)	5~9	1
	10~14	3
	15~19	6
	over25~	1
Experience in PCU (year)	0~4	2
	5~9	7
Wish for working in PCU	Yes	5
	No	6
Marital status	Married	6
	Single	5
Feel burden	Yes	5
	Middle	6
	No	0

Comparison between Nurse's background and MBI

n=11

Nurse's background	MBI (average)		
	Emotional exhaustion (max.25)	Deper sonalization (max.30)	Personal accomplishment* (max.25)
Age	30s	19.0	11.6
	40s	15.6	9.4
	50s	13.0	9.0
Career in nursing (year)	5~9	17	11
	10~14	17.3	9.7
	15~19	17.8	11
	over25~	10	8
Experience in PCU (year)	0~4	17.5	9.5
	5~9	17.4	10.4
	10~14	14.5	11.0
Wish for working in PCU	Yes	14.0	9.4
	No	19.3	11.2
Marital status	Married	16.8	10.5
	Single	17.0	10.2
Feel burden	Yes	19.4	11.0
	Middle	14.8	9.8
	No	0.0	0.0

* Low grade satisfaction for personal accomplishment reflected the high-risk of burnout.

Regarding work purpose, the eleven subjects mentioned:

1. Working for a living
2. Finding motivation in their work
3. Doing something they think is worthwhile.

From the survey about instances of moral support, receiving appreciative words from patients and patients' family was encouraging for PCU nurses.

Conclusion

In order to encourage and prevent burnout in professional staff, emotional and mental support should be provided to nurses with a high-risk background. In addition, environment around nurses should be built to prevent burnout. It will subsequently contribute high-quality patient care.