

Annotation

The Burn Out Syndrome with Nurses and Its Prevention

The aim of my graduation work was to give a description of the burn out syndrome and to identify preventive measures used in the monitored hospital wards.

In the theoretical part of my paper I have described the personality in general and tried to explain the burn out syndrome, its causes and the way it might be diagnosed.

In the following part I have dealt with the personality of a nurse, the prophylaxis in the nursing profession, the communication skills and coping with stress.

In the practical part I have presented a field research carried out in the hospital in Liberec.

I have used original questionnaires which were answered in the following wards: an intensive care unit, an outpatient department and a standard ward.

It is true that the results of the survey are not explicit but nevertheless a certain favourable relationship between superiors and nurses has been found. The work of nurses in the intensive care unit is very demanding and even more stressful for young nurses. The burn out syndrome has not been properly followed up in all cases. Prophylaxis is the most important thing in this respect.