Abstract

This bachelor thesis focuses on the occurrence of burnout for nurses working in retirement homes and long-term medical patients in the Central Region. The aim of this thesis was to determine the presence and level of burnout among nurses caring for geriatric patients, whether they are at higher risk of burnout nurses working in homes for the elderly or nurses employed in long-term medical patients, whether nurses know and follow preventive measures against burnout syndrome. The last aim was to determine whether nurses are content with prevention of burnout by the employer and propose effective recommendations for practice.

Data were obtained by questionnaire technique and then analyzed by descriptive statistical method. I used a standardized MBI questionnaire and a questionnaire of my own construction. The results are presented in tables and graphs for clarity with additional comments. Respondents were nurses working at nursing homes and long-term medical patients in the Central Region. The questionnaire survey was attended by 102 respondents. Research suggests that burnout in the field of emotional exhaustion was found in 28 (27.45%) respondents. Burnout in the field of depersonalization was observed in 12 (11.76%) respondents and burnout in personal satisfaction showed 42 (41.18%) of the respondents. Furthermore, a survey has found that they are more at risk of burnout in nurses working LDN, that showed burnout in the field of emotional and personal satisfaction. 93 (91.18%) of respondents are aware of the preventive measures against the occurrence of burnout and only 30 (32.26%) of them use preventive measures against burnout syndrome. For a very bad result I consider that 81 (79.41%) of respondents consider the prevention of the employer as inadequate. From the obtained results I consider as important to focus on preventive measures against burnout syndrome mainly by the employer, which could provide their employees relaxing stays contributions to massage, supervision, consultation with a psychologist, training events, etc.

Keywords: burnout, nurse, stress, prevention, geriatrics