



## Literature review on shift work and nurse's burnout

João Reisinho, Rita Rodrigues, António Fernandes, João Sardinha, Pedro Santos, Daniel Sousa, Fernanda Loureiro & Vanessa Antunes

To cite this article: João Reisinho, Rita Rodrigues, António Fernandes, João Sardinha, Pedro Santos, Daniel Sousa, Fernanda Loureiro & Vanessa Antunes (2021) Literature review on shift work and nurse's burnout, Annals of Medicine, 53:sup1, S101-S101, DOI: [10.1080/07853890.2021.1897458](https://doi.org/10.1080/07853890.2021.1897458)

To link to this article: <https://doi.org/10.1080/07853890.2021.1897458>



© 2021 The Author(s). Published by Informa UK Limited, trading as Taylor & Francis Group



Published online: 28 Sep 2021.



Submit your article to this journal [↗](#)



Article views: 72



View related articles [↗](#)



View Crossmark data [↗](#)

## Quality of life in pediatric oncological disease: Integrative literature review

Bárbara Santos<sup>a</sup>, Carolina Santos<sup>a</sup>, Catarina Couto<sup>a</sup>, Joana Almeida<sup>a</sup> and Cidália Castro<sup>b,c</sup>

<sup>a</sup>Nurse Department, Escola Superior de Saúde Egas Moniz (ESSEM), Egas Moniz Cooperativa de Ensino Superior, Caparica, Portugal;

<sup>b</sup>Centro de Investigação Interdisciplinar Egas Moniz (CiIEM), Egas Moniz Cooperativa de Ensino Superior, Caparica, Portugal; <sup>c</sup>Unidade de Investigação e Desenvolvimento em Enfermagem (UI&DE), Monte de Caparica, Portugal; <sup>d</sup>Unidade de Investigação e Desenvolvimento em Enfermagem (UI&DE), Lisboa, Portugal

### ABSTRACT

**Introduction:** With the progressive technological development, that we can observe all over the world, and with the increasing rates of paediatric cancer patient survivals, there are every day more “cured” children, but those sequels whom remained will interfere in these children’s quality of life and others [1]. It’s becoming important to evaluate these paediatric cancer patients in order to evaluate the results of the treatments in their perspective, giving nursing a prestige and preponderant roll in the treatments clinical evaluation, on children’s health surveillance and monitoring, in order to increase health gains [2]. The aim of this study is to identify the paediatric cancer patients and their families needed nursing cares in order to increase their quality of life.

**Materials and methods:** An Integrative literature review by the PI[C]OD method [3]. To answer the investigation question: “Which nursing cares should we adopt with the children and his family, with the purpose of increasing their quality of life facing a oncologic pediatric disease?”. Available articles were searched in knowledge library online (B-on), EBSCOhost database and the Scientific Electronic Library Online (SciELO). Published between 2013 to 2019. The inclusion criteria were Paediatric cancer patients and families, Nursing care and quality of life. From a total of 43 articles, 7 were included in the study.

**Results:** There are three key thematics, namely: (1) Psycho-oncology. This one has a decisive role in the therapeutic adherence of the medical treatment, as well as in the family support [4]. (2) Family nursing. The family nurse is represented as the reference link between the Healthcare Service and the user/family, assuming the responsibility in the assurance of global health care assistance for several families, at many cases of crisis and in all the processes of health-disease [5]. (3) Needs of children and families. These children and their family have different specific needs, various and changing, that include a physical psychologic and spiritual dimension [6].

**Discussion and conclusions:** The studies underline the importance of nursing interventions in order to improve the child’s with cancer disease and their family’s quality of life. At the level of clinical practice in nursing, it is important to discuss the results of this study within the team, ensuring patient safety and the quality of nursing care based on scientific evidence.

**KEYWORDS** Oncology; paediatric; quality of life; family; NURS

**CONTACT** Catarina Couto  [catarinape\\_98@hotmail.com](mailto:catarinape_98@hotmail.com)

### References

- [1] Bouzas L, Calazans M. Tumores sólidos e hematológicos na infância e na adolescência – parte 2. *Adolescência Saúde*. 2007;4(2):12–18.
- [2] The WHOQOL Group. The world health organization quality of life assessment (WHOQOL): development and general psychometric properties. *Social Sci Med*. 1998;46(12):1569–1585.
- [3] Vilelas J. 2009. *Investigação. O processo de construção do conhecimento*. Lisboa: Edições Sílabo.
- [4] Machado S, Sawada N. Avaliação da qualidade de vida de pacientes oncológicos em tratamento quimioterápico adjuvante. *Texto Contexto – Enferm*. 2008;17(4):750–757.
- [5] Wright LM, Leahey M. 2009. *Enfermeiras e famílias-um guia para avaliação e intervenção na família*. Lisboa: Editora Roca.
- [6] Shields L, Young J, McCann D. The needs of parents of hospitalized children in Australia. *J Child Health Care*. 2008; 12(1):60–75.

DOI: 10.1080/07853890.2021.1896045

## Literature review on shift work and nurse’s burnout

João Reisinho<sup>a</sup>, Rita Rodrigues<sup>a</sup>, António Fernandes<sup>a</sup>, João Sardinha<sup>a</sup>, Pedro Santos<sup>a</sup>, Daniel Sousa<sup>a</sup>, Fernanda Loureiro<sup>a</sup> and Vanessa Antunes<sup>a</sup>

<sup>a</sup>Nursing Student, Escola Superior de Saúde Egas Moniz, Caparica, Portugal


## ABSTRACT

**Introduction:** In Europe 20% of the working population is somehow involved in shift work. Studies show that it can have a negative impact on workers' health and well-being, with direct consequences on performance and efficiency [1]. Nurses are among health professionals with a higher risk of burnout [2], which can negatively affect their alertness, attention and concentration, with direct consequences on patient's health [3]. The aim of this study is to identify relevant factors regarding the impact of shift work in nurses' health and well-being.

**Materials and methods:** This study is a literature review which consists of a narrative and comprehensive analysis of the literature [4]. Articles were search in the following databases: Academic Google, Scientific Electronic Library Online (SciELO) and EBSCO Host. Keywords were defined according to the acronym PCC (Population, Concept, Context): P: nurs\*; C: burnout; C: shift work\*). Inclusion criteria were: articles in Portuguese and English, available in full-text, published between 2013 and 2018. The review was conducted in parallel by two independent researchers. 10 articles were selected for final review. Data were extracted and synthesised using an information systematisation table.

**Results:** The articles allowed to identify the impact of shift work on nurses physical (interrupts the circadian rhythm, affects sleep quality, causes fatigue, gastrointestinal, neuropsychological, cardiovascular, and musculoskeletal disorders), mental (depersonalization, cynicism, aggression and frustration), and social dimensions (deterioration of family relationships and social life). Although most studies mention the impact of burnout on nurses professional performance and quality of care, no details are provided on the specific consequences for healthcare consumers, or for the health system itself.

**Discussion and conclusions:** Although there's a widespread concern about the impact of shift work on nurse's health, few studies mention the consequences of burnout on nurse's performance and on the quality of care. Strategies to minimise the impact of burnout are superficially addressed and reduced to the intervention of occupational health [5]. Developing, testing, and implementing intervention programs to reduce burnout may produce a variety of beneficial effects. Burnout appears to be an important indicator for healthcare leaders at both strategical and tactical level, to track and solve quality of care issues particularly in the current context of nursing shortage [6].

CONTACT João Reisinho  [jprhrh@gmail.com](mailto:jprhrh@gmail.com)

## References

- [1] Buja A, Zampieron A, Mastrangelo G, et al. Strain and health implications of nurses' shift work. *Int J Occup Med Environ Health*. 2013;26:511–521.
- [2] Bakker AB, Costa PL. Chronic job burnout and daily functioning: a theoretical analysis. *Burn Res*. 2014;1(3):112–119.
- [3] Zhang Y, Punnett L, Nannini A. Work-family conflict, sleep, and mental health of nursing assistants working in nursing homes. *Workplace Health Saf*. 2017;65(7):295–303.
- [4] Sousa LMM, Firmino CF, Marques-Vieira CMA, et al. Revisões da literatura científica: tipos, métodos e aplicações em enfermagem. *Rev Port Enferm Reabil*. 2018;1:45–54.
- [5] Nowrouzi B, Lightfoot N, Larivière M, et al. Occupational stress management and burnout interventions in nursing and their implications for healthy work environments. *Workplace Health Saf*. 2015;63(7):308–315.
- [6] Spooner-Lane R, Patton W. Determinants of burnout among public hospital nurses. *Aust J Adv Nurs*. 2007;25:8–16.

DOI: 10.1080/07853890.2021.1897458

## Strategies used by nurses and tracheostomized users in communication: systematic review

Ana Rita Verissimo Patrão Duarte<sup>a</sup>, Cidália Maria da Cruz Silva Patacas de Castro<sup>a</sup>, Inês dos Mártires Nobre<sup>a</sup>, Joana Mafalda dos Santos Cordeiro<sup>a</sup> and Mafalda Luís Pereira da Costa<sup>a</sup>

<sup>a</sup>Nurse Department, Escola Superior de Saúde Egas Moniz (ESSEM), Egas Moniz Cooperativa de Ensino Superior, Caparica, Portugal

## ABSTRACT

Communication is a basic human need necessary to establish a relationship of trust between patients and multidisciplinary team, especially with nursing team. With this, it is necessary to find strategies that allows not only the tracheostomized patients but also nurses to communicate in an effective way [1].

This is a systematic review that aims to give an answer to our investigation question: "Which strategies are used by nurses and tracheostomized patients in communication?" To understand which strategies are used by nurses and tracheostomized patients in communication. Our research was based on electronic data such as B-On, SciELO, RCAAP and