

Title:

Psychiatric Mental Health Nurse Practitioner (PMHNP) Burnout: Differences Between Acute/Inpatient PMHNPs and Outpatient PMHNPs

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Session Title:

Poster Presentations

Slot (superslotted):

PST: Friday, April 8, 2016: 10:00 AM-10:45 AM

Slot (superslotted):

PST: Friday, April 8, 2016: 12:00 PM-1:15 PM

Slot (superslotted):

PST: Friday, April 8, 2016: 2:30 PM-3:15 PM

Slot (superslotted):

PST: Friday, April 8, 2016: 6:00 PM-7:00 PM

Slot (superslotted):

PST: Saturday, April 9, 2016: 7:30 AM-8:30 AM

Slot (superslotted):

PST: Saturday, April 9, 2016: 10:00 AM-10:45 AM

Slot (superslotted):

PST: Saturday, April 9, 2016: 12:00 PM-1:15 PM

Keywords:

Burnout , Depersonalization and Values

References:

Demerouti, E., & Bakker, A. B. (2011). The job demands-resources model: Challenges for future research. *SA Journal of Industrial Psychology*, 37(2), 01-09. Maslach, C., Jackson, S. E., & Leiter, M. P. (1996). *Burnout inventory manual* (3rd ed.). Palo Alto, CA: Consulting Psychologist Press.

Abstract Summary:

PMHNPs are playing an ever increasing role in mental health care, however, retention rates are low. This may be due in part to the difficult emotional demands of the profession. This study will examine burnout, a potential contributory factor that has not yet been explored in this group.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to describe burnout and its association to job dissatisfaction.	An in depth view of burnout focusing on components of burnout and how it effects job dissatisfaction is provided.
The learner will be able to describe tools to measure burnout.	The Maslach Burnout Inventory Human Services Survey and Areas of Worklife Survey utilized for the study is discussed in detail.

Abstract Text:

Problem: Burnout has been shown to be problematic for those who care for patients with mental illness. Studies have shown that between 21 to 67 % of mental health providers have indicated high levels of

burnout. It is important for mental health professionals to understand the symptoms associated with burnout; however, few studies have addressed primary mental health provider burnout. Little is known with regard to factors that influence Psychiatric Mental Health Nurse Practitioner (PMHNP) burnout.

PMHNPs are playing an ever increasing role in behavioral health care in the United States, thus providing individuals that otherwise would not receive specialized care with much needed mental health services with the Department of Human Services Division of Mental Health Services, the Advanced Practice Nurse Initiative implemented recruitment of psychiatric nurse practitioners to fill the void. Thus increasing access to care for individuals suffering from psychiatric conditions primarily in outpatient behavioral health settings, serving over 3,000 individuals, including medication management and psychotherapy. Therefore, it is important to address provider burnout in this population to promote staff retention and quality care.

EBP Questions: What is the level of burnout in PMHNPs? What are the factors contributing to burnout in PMHNPs? Is there a significant difference in the levels of burnout between acute/inpatient PMHNPs and outpatient PMHNPs? Is there a significant difference in components of burnout between exhaustion, depersonalization, lack of feeling accomplished, job resources, job performance, and personal resources and components between acute/inpatient PMHNPs and outpatient PMHNPs?

Methods: This study utilizes a casual comparative design to examine group differences in burnout between 50 PMHNPs working in acute/inpatient and 50 PMHNs working in outpatient behavioral health. A database of Nurse Practitioners will be implemented to locate participants to complete-. An anonymous, one time online self-report survey comprised of several questionnaires. Analyses include descriptive statistics, Independent sample t-tests to identify and compare differences in the levels of burnout and components of burnout amongst two groups of PMHNPS those working in acute and PMHNPs working in non-acute settings.

Outcomes: Differences in levels of burnout and components of burnout between PMHNPs working in acute/inpatient and outpatient settings will be determined by The Maslach Burnout Inventory and Areas of Worklife questionnaire.

Significance: This study will examine PMHNP burnout, a phenomenon that has not yet been explored in this group. With this knowledge, employers, policy makers, and practitioners can develop strategies to reduce burnout and improve job satisfaction, retention rates, and quality of life for PMHNPs.