

Burnout in newly graduated nurses: a systematic review protocol

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【Introduction】

Burnout is a syndrome caused by chronic work-related stress (Maslach & Jackson, 1981). Among healthcare workers, nurses have been reported to have higher burnout prevalence (Lasebikan & Oyetunde, 2012). Burnout may have an impact on nurses' impaired physical and mental health, and decreased job satisfaction, organizational commitment, work efficiency, quality of care and patient safety (Jun et al., 2021). Thereby, resulting in various forms of job withdrawal such as intention to leave and actual turnover (Leiter & Maslach, 2009).

The COVID-19 pandemic also has highlighted the urgent need to strengthen the global health workforce. Newly graduated nurses (NGNs) are critical to the healthcare workforce and can supplement the shortage of nurses. However, the transition into the workplace brings with it a range of stresses and challenges for newly graduated nurses, leading to psychological health symptoms such as burnout (Jarden et al., 2021). There are a number of reviews on healthcare workers' burnout, however, only one scoping review specifically summarized burnout among newly graduated nurses. According to this review, the prevalence of burnout among newly graduated nurses (12.3% ~ 46%) was similar to that among other healthcare professionals (Edwards-Maddox, 2022). This previous review included a limited number of articles and had some limitations in that it did not include studies during the pandemic or perform a meta-analysis. Therefore, the purpose of this systematic review is to determine the prevalence and severity of burnout among newly graduated nurses and to examine whether there is a difference in the level of burnout before the pandemic versus during and after the pandemic.

【Method】

This review will follow the Joanna Briggs Institute (JBI) guidelines (Aromataris et al., 2024).

1 Review question

- (1) What is the prevalence / severity of burnout among newly graduated nurses?
- (2) Is there a difference in the burnout levels of newly graduated nurses before versus during and after the pandemic?

2 Inclusion criteria

This review will include peer-reviewed original research articles that report on the burnout of newly graduated registered nurses working in clinical settings with less than 3 years' experience. The inclusion criteria are observational, quantitative studies which are published in English, Chinese or Japanese.

3 Data collection

The databases to be searched include PubMed, CINAHL, MEDLINE, Web of Science, Japan Medical Abstract Society (JMAS)

and China National Knowledge Infrastructure (CNKI). Two independent reviewers will search for and review studies and perform quality assessments, then extract data from articles that meet the quality assessment requirements. Disagreement among reviewers will be resolved through discussion or with a third reviewer. The Joanna Briggs Institute (JBI) critical appraisal checklists will be used to evaluate the methodological quality of studies (Aromataris et al., 2024).

4 Analysis

A meta-analysis will be conducted to synthesize the prevalence or severity of burnout. If it is not possible to synthesize the eligible studies using meta-analysis, the results will be summarized through narrative synthesis.

【Conflicts of interest】

The Authors declare that there are no conflicts of interest.

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