

Week 1 Research Proposal Project: Submit Problem Statement and Research Topic

Kristofer Tuason

West Coast University

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My chosen topic for my research proposal project is burnout within the nursing field. Burnout is an issue in the nursing field and it affects the nurses ability to provide patient care, it can endanger patient safety and the progress of their treatments. “In hospitals with high patient-to-nurse ratios, surgical patients experience higher risk-adjusted 30-day mortality and failure-to-rescue rates, and nurses are more likely to experience burnout and job dissatisfaction” (Aiken et al., 2002). I have a coworker who is leaving us this month because she says she feels burnt out. Mentoring programs are used to help balance out burnout and fatigue among nurses. “Mentorship programs in retaining and easing the transition to practice for new graduate nurses, re-entry nurses, and nurses new to a specialty area are critical in nurse retention” (Schroyer et al., 2016). The project will examine the use of mentoring programs to fight against nursing burnout and fatigue. This project will ask:

- What are the most effective methods to use in a nursing mentor program?
- What is the success rate of mentoring programs on nurses for stress, burnout, and fatigue?

References

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- Schroyer, C. C., Zellers, R., & Abraham, S. (2016). Increasing registered nurse retention using mentors in critical care services. *The health care manager*, 35(3), 251-265.