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Exploring the impact of COVID-19 on nursing burnout: Examining a continuing crisis

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Abstract

The COVID-19 pandemic has devastatingly affected the healthcare system, particularly on nurses. Studies have found that nurses are more likely to experience burnout, mental health, and physical health issues due to the increased stress and workload associated with the pandemic. This paper explores the impacts of the pandemic on nursing burnout and mental health and the correlation between fatigue and burnout. It also discusses the impact of the pandemic on nurses' moral distress and the link between burnout and quality of life of nurses. Finally, it offers useful advice for lowering burnout in nurses and raising their quality of life. The results indicate that identifying measures to lessen nurses' burnout and enhance their quality of life is crucial for ensuring the health and wellbeing of the nursing workforce.

Summary: Significant changes have been made to the healthcare system as a result of the COVID-19 epidemic, particularly for the nursing staff. This is because nurses are on the front lines of patient care and are essential in providing direct care to patients and managing their care plans. Unfortunately, there is a global nursing shortage, and the pandemic has further exacerbated this. This shortage has caused great stress for nurses, who are now faced with an increased workload and long hours. Additionally, nurses are at a higher risk of exposure to the virus due to their close contact with patients, leading to increased levels of fear and anxiety. The goal of the paper is to examine how the pandemic has affected nursing burnout, mental health, and the relationship between exhaustion and burnout. Additionally, the pandemic's effects on nurses' moral anguish and the link between burnout and quality of life will be covered. It will end with actionable suggestions for lowering burnout and raising nurses' quality of life.

Studies have found that the COVID-19 pandemic has significantly impacted the healthcare system, especially nurses who are more likely to experience burnout and psychological health issues due to the high level of stress and workload associated with the pandemic. There is also a strong correlation between fatigue and burnout in nurses, and the pandemic has increased stress, anxiety, and physical health issues. Additionally, COVID-19 has had an adverse effect on nurses' moral distress, and there is a connection between nurses' life quality and burnout. Therefore, it is essential to lessen burnout to enhance nurses' standard of living.

The COVID-19 pandemic has significantly impacted nurses' emotional and psychological health. There is a strong correlation between fatigue and burnout, and the pandemic has increased stress and anxiety levels. Additionally, it has had a harmful effects on nurses' moral distress, and there is a significant relationship between nurses' fatigue and standard of life. To decrease exhaustion and increase quality of life, healthcare organizations should provide flexible work schedules and adequate rest periods. Policymakers should also focus on providing nurses with resources to support their mental health and reduce burnout. Furthermore, they should address ethical dilemmas and ensure access to counseling services. Overall, the findings suggest that exploring ways to reduce nurses' fatigue and improve their life quality is essential.

Keywords: Determine, stress, Zumba, effectiveness, intervention

Introduction

The COVID-19 pandemic has been a significant source of disruption and fear for many people all over the world. It has had a powerful impact on the healthcare system, especially on the nursing staff. The paper will explore the impact of the pandemic on nursing burnout and psychological health, as well as the correlation between fatigue and burnout. Additionally, the pandemic's effects on nurses' moral anguish and the link between fatigue and life satisfaction will be covered. The report will close with actionable suggestions for lowering burnout and raising nurses' quality of life.

The COVID-19 pandemic has had a significant influence on the healthcare system, especially on nursing staff. This is

because nurses are on the front lines of patient care and are essential in providing direct care to patients and managing their care plans. Unfortunately, there is a global nursing shortage, and the pandemic has further exacerbated this (Mullen *et al.*, 2020) ^[16]. This shortage has caused great stress for nurses, who are now faced with an increased workload and long hours. Additionally, nurses are at a higher risk of exposure to the virus due to their close contact with patients, leading to increased levels of fear and anxiety (Dato *et al.*, 2020) ^[7]. As a result, it is essential to explore the consequences of the pandemic on nursing burnout and psychological health, as well as the correlation between fatigue and burnout. It is also vital to discuss the impact of the pandemic on nurses' moral distress and the association

between nurses' burnout and life satisfaction.

The COVID-19 pandemic has changed the way healthcare is provided, and it has had a particularly negative impact on nursing staff (Khan *et al.*, 2020) ^[11]. Bedside patient care nurses are essential in providing direct patient care and managing their care plans (Peltzer & Dick, 2020) ^[18]. Unfortunately, there is a global nursing shortage, and the pandemic has further exacerbated this. It raises crucial questions about the influence of the pandemic on nursing burnout and psychological condition and how this can be mitigated (Gutierrez *et al.*, 2020) ^[10]. Additionally, there is a need to explore the correlation between fatigue and burnout and the impact of the pandemic on nurse moral distress. Finally, examining the correlation between nurses' fatigue and life satisfaction is essential (Byrne *et al.*, 2020) ^[4].

In addition to the physical and mental strain nurses face due to the pandemic, there is also an emotional toll. Nurses may feel overwhelmed by their workload, frustrated by the lack of resources, and anxious about their health and safety (Walters *et al.*, 2020) ^[20]. They may also feel guilt and grief due to the loss of patients and the inability to provide the best possible care to their patients. It is essential to explore how nurses can cope with these feelings, as well as how healthcare systems can support them. It is also necessary to understand the bearing of the disease on nurses' work-life balance and overall quality of life (Loughran *et al.*, 2020) ^[15]. Research is needed to understand the influence of the virus on nursing burnout and mental well-being and the correlation between fatigue and burnout. It is essential to know how to support nurses and alleviate the pandemic's stressors to ensure their mental health and well-being (Robles-Perez *et al.*, 2020) ^[19].

This research paper addresses the gap in knowledge regarding the bearing of the COVID-19 disease on nursing burnout and psychological health. Specifically, this systematic review of the literature examines the correlation between fatigue and burnout, the effect of the pandemic on nurse moral distress, and the association between nurses' exhaustion and life satisfaction (Mullen *et al.*, 2020) ^[16]. The findings of this research paper suggest that the COVID-19 disease has significantly wedged nurses' emotional and mental well-being. Therefore, it is essential for healthcare organizations and policymakers to develop strategies to reduce burnout and improve nurses' quality of life.

This paper aims to explore the pandemic's effects on nursing burnout and mental health, as well as the correlation between fatigue and burnout. Additionally, the pandemic's effects on nurses' morale will be covered, as well as the connection between weariness and life satisfaction for nurses. The paper will close with actionable suggestions for lowering burnout among nurses and raising their standard of living.

Objectives of the study

1. Explore the impact of the pandemic on nursing burnout and psychological fitness.
2. Examine the correlation between fatigue and burnout.
3. Discuss the impact of the pandemic on nurses' moral distress.
4. Investigate the connection between nurses' exhaustion and life satisfaction.
5. Offer helpful suggestions to lessen nurses' burnout and

enhance their quality of life.

Research questions and hypothesis

The coronavirus pandemic has profoundly impacted the healthcare industry, particularly nurses. Nurses are facing unprecedented challenges, and their mental and physical health is affected by this prolonged period of stress and strain. This study explores the pandemic's impacts on nursing burnout, fatigue, moral distress, and quality of life. Precisely, this research will seek to respond to the following: What is the impact of the pandemic on nursing burnout and mental health? Is there a correlation between fatigue and burnout? How has the pandemic impacted nurse moral distress? And what is the association between nurses' burnout and life quality? This study will provide valuable insights into the impacts of the pandemic on nurses and the importance of providing proper support to nurses during this challenging period.

This study explores the coronavirus pandemic's effects on nursing burnout, fatigue, moral distress, and quality of life. It is hypothesized that the pandemic has had a deleterious impressions on nursing burnout and mental fitness, that there is a correlation between fatigue and burnout, that the pandemic has had a negative effect on nurses' moral distress, and that there is a liaison between nurses' burnout and life's quality.

Literature Review

The impact of the COVID-19 pandemic on the healthcare system and nursing staff have been well documented. Remarkably, there has been significant research on the effects of the disease on nursing burnout and mental well-being and the correlation between fatigue and burnout. Additionally, there is a need to explore the impact of the pandemic on nurse moral distress and the liaison between nurses' burnout and life quality.

The Impact of the Pandemic on Nursing Burnout and Mental Health

The pandemic has significantly impacted nurses' emotional and psychological health. Studies have shown that nurses are more likely to experience burnout and psychological health issues owing to the amplified stress and workload associated with the pandemic (Wang *et al.*, 2020; Zeng *et al.*, 2020) ^[21, 23]. Other studies have established that nurses are more probable to suffer from depression, post-traumatic stress disorder and anxiety due to their increased risk of exposure to the virus (O'Neill *et al.*, 2020) ^[17]. Additionally, nurses are more probable to be involved in physical health issues owing to their long hours and lack of rest (Feng *et al.*, 2020) ^[8].

Studies have also found that the pandemic has significantly impacted nurses' emotional and psychological health. For instance, Li *et al.* (2020) ^[12] found that nurses working in COVID-19 intensive care units were more likely to experience depression, anxiety, and post-traumatic stress disorder than non-COVID-19 units. Similarly, a study by Wang *et al.* (2020) ^[21] found that nurses working in high-risk areas were more likely to experience burnout and anxiety than nurses working in low-risk areas. They also found that nurses in high-risk areas were more likely to experience fatigue and sleep disturbance.

In addition to the mental and emotional effects of the pandemic, studies have also found that nurses are more probable to suffer from physical health issues owing to their long hours and lack of rest. For example, a study by Feng *et al.* (2020) [8] found that nurses had a higher risk of musculoskeletal injuries due to the increased workload associated with the pandemic. They also found that nurses were more likely to report fatigue and exhaustion due to increased hours and lack of rest. Overall, the evidence suggests that the pandemic has significantly impacted nurses' emotional and psychological health. They are more likely to experience burnout and psychological health issues owing to the augmented pressure and workload associated with the pandemic. They are also more probable to have physical health issues due to their long hours and lack of rest. Therefore, it is essential to explore the influence of the pandemic on nursing burnout and mental well-being, as well as the correlation between fatigue and burnout.

The Correlation between Fatigue and Burnout

Researchers have also examined the correlation between fatigue and burnout. Several studies have found a strong correlation between fatigue and burnout in nurses (Gonzalez-Alvarez *et al.*, 2020; Yao *et al.*, 2020) [9, 22]. In particular, there is a significant association between fatigue and emotional exhaustion, a key component of burnout (Liu *et al.*, 2020) [14]. Additionally, there is evidence that fatigue can lead to reduced job satisfaction and decreased quality of care nurses provide (Bai *et al.*, 2020) [3].

The research on the correlation between fatigue and burnout has also revealed that fatigue can lead to adverse outcomes for nurses' physical and psychological health. For example, a study by Yao *et al.* (2020) [22] established that fatigue was connected to amplified levels of stress, anxiety, and depression. Additionally, Bai *et al.* (2020) [3] concluded that fatigue was concomitant to an amplified risk of occupational injuries and decreased job satisfaction. Furthermore, fatigue has been interrelated to amplified psychological health complications, such as anxiety and depression, and an increased risk of burnout (Gonzalez-Alvarez *et al.*, 2020; Liu *et al.*, 2020) [9, 14].

The Impact of the Pandemic on Nurse Moral Distress

The pandemic has also significantly impacted nurses' moral distress. Studies have found that nurses are more prone to go through moral distress because of the increased risk of exposure to the virus and the emotional and psychological strain of caring for patients with COVID-19 (Al-Khalifah *et al.*, 2020; Liao *et al.*, 2020) [1, 13]. Additionally, nurses face ethical dilemmas due to the shortage of resources and the need to prioritize care for certain patients (Chung *et al.*, 2020) [5].

The research on the impact of the pandemic on nurse moral distress has revealed that nurses are more probable to go through moral distress owing to the increased risk of exposure to the virus and the emotional and psychological strain of caring for patients with COVID-19 (Al-Khalifah *et al.*, 2020; Liao *et al.*, 2020) [1, 13]. Additionally, nurses face ethical dilemmas due to the shortage of resources and the need to prioritize care for certain patients (Chung *et al.*, 2020) [5]. Furthermore, studies have found that nurses are more likely to experience moral distress when confronted

with difficult decisions, such as the need to allocate resources to specific patients (Al-Khalifah *et al.*, 2020; Liao *et al.*, 2020) [1, 13]. Additionally, nurses are more prone to go through moral distress because of the fear of making the wrong decisions, incredibly when resources are limited (Chung *et al.*, 2020) [5].

The Relationship between Nurses' Burnout and Quality of Life: Finally, researchers have observed the connection between nurses' burnout and life satisfaction. Studies have discovered a substantial association between reduced quality of life and burnout (Ai *et al.*, 2020; Liao *et al.*, 2020) [2, 13]. Additionally, burnout has been linked to augmented levels of emotional distress and physical health issues (Dai *et al.*, 2020) [6].

Furthermore, studies have also found that burnout can lead to reduced job satisfaction and increased feelings of helplessness and worthlessness (Ai *et al.*, 2020; Liao *et al.*, 2020) [2, 13]. Additionally, burnout has been linked to decreased levels of self-efficacy, which is essential for nurses to provide quality care (Dai *et al.*, 2020) [6]. It can cause diminished quality of care and greater risk of errors (Ai *et al.*, 2020) [2]. Therefore, it is essential to reduce burnout to ensure nurses' quality of life.

The research has revealed that the COVID-19 pandemic has significantly impacted the healthcare system, especially nursing staff. There is a strong correlation between fatigue and burnout in nurses, and the pandemic has increased stress and anxiety levels. Additionally, the pandemic has had a harmful influence on nurses' moral distress, and there is an association between nurses' life quality and burnout. Therefore, it is essential to decrease burnout to advance nurses' quality of life.

In conclusion, the COVID-19 pandemic has significantly impacted nurses' emotional and psychological health. There is a strong correlation between fatigue and burnout, and the pandemic negatively impacts nurses' moral distress. Additionally, there is a significant association between burnout and life satisfaction in nurses. Therefore, it is essential to explore ways to diminish nurses' burnout and advance their life quality.

Methodology

The methodology for this research paper will be a systematic review of relevant literature. The literature review will include studies from peer-reviewed journals related to nursing burnout and psychological well-being during the COVID-19 disease. The search terms used for the literature review will consist of "COVID-19", "nursing burnout", "mental health", "moral distress", "quality of life", "fatigue", and "burnout". The literature search will be conducted using PubMed, Google Scholar, and CINAHL.

The literature search will focus on studies published in the last five years related to the topic. The articles will be evaluated for relevance to the research topic and methodological quality. The papers will be sorted into categories based on the issues of nursing burnout and mental health, the correlation between fatigue and burnout, the impact of the pandemic on nurse moral distress, and the association between nurses' life quality and burnout. The articles will then be analyzed to identify patterns and trends. The analysis will be conducted using a qualitative approach.

Specifically, the analysis will include identifying themes, patterns, and trends in the literature. Thematic analysis will determine the key themes in the literature and identify the main ideas and arguments. Additionally, content analysis will be used to identify patterns and trends in the data. The data will then be summarized and presented in a comprehensive report.

Findings

The literature review results revealed that the COVID-19 pandemic substantially impacted nurses' emotional and psychological health. Studies have found that nurses are more likely to experience burnout and psychological health issues owing to the amplified stress and workload associated with the pandemic. They are also more prone to go through physical health concerns due to their long hours and lack of rest. The results also showed a strong correlation between fatigue and burnout in nurses. Researchers have established that fatigue is connected to increased levels of stress, anxiety, and depression. It is also associated with an increased risk of occupational injuries and decreased job satisfaction. Furthermore, fatigue has been associated to improved psychological health conditions, comprised of depression and anxiety, and an increased risk of burnout.

The results revealed that the pandemic had had a negative impact on nurses' moral distress. Nurses are more probable to go through moral pain owing to the increased risk of exposure to the virus and the emotional and psychological strain of caring for patients with COVID-19. Additionally, nurses face ethical dilemmas due to the shortage of resources and the need to prioritize care for certain patients. Finally, the results showed a significant connection between nurses' life quality and burnout and quality of life. According to studies, burnout is associated with reduced quality of life, increased emotional distress, and physical health issues. Burnout can also lead to reduced job satisfaction and increased feelings of helplessness and worthlessness. Additionally, burnout has been linked to decreased levels of self-efficacy, which is essential for nurses to provide quality care. Overall, the results showed that the COVID-19 pandemic significantly influenced nurses' emotional and psychological health. There is a strong correlation between fatigue and burnout, and the pandemic negatively impacts nurses' moral distress. Additionally, there is a significant link between burnout and quality of life in nurses. Therefore, it is essential to explore ways to diminish nurses' burnout and advance their life quality.

Table 1: Summary of findings

Findings	Description
Impact on Emotional and Psychological Health	The pandemic has significantly wedged nurses' emotional and psychological well-being. Nurses are more likely to experience burnout and psychological health issues owing to amplified stress and workload associated with the pandemic.
Fatigue and Burnout	There is a strong correlation between fatigue and burnout in nurses. Fatigue is associated with increased levels of stress, anxiety, and depression, as well as an increased risk of occupational injuries and decreased job satisfaction.
Moral Distress	The pandemic has had a negative impact on nurses' moral distress. Nurses are more probable to suffer moral pain due to the increased risk of exposure to the virus and the emotional and psychological strain of caring for patients with COVID-19.
Burnout and Quality of Life	There is a momentous connection between nurses' burnout and quality of life. Burnout is associated with reduced quality of life, increased emotional distress, and physical health issues.

Discussion

The literature review revealed that the COVID-19 pandemic significantly impacted nurses' emotional and psychological health. Studies have found that nurses are more likely to experience burnout and psychological health issues owing to the amplified stress and workload associated with the pandemic. They are also more probable to go through physical health problems due to their long hours and lack of rest.

The results also showed a strong correlation between fatigue and burnout in nurses. Studies have discovered that fatigue is linked with increased levels of stress, anxiety, and depression. It is also associated with an increased risk of occupational injuries and decreased job satisfaction. Furthermore, fatigue has been interconnected to improved psychological health complications, which include depression and anxiety, and an increased risk of burnout.

The results revealed that the pandemic had had a negative impact on nurses' moral distress. Nurses are more probable to undergo moral pain because the increased risk of exposure to the virus and the emotional and psychological strain of caring for patients with COVID-19. Additionally, nurses face ethical dilemmas due to the shortage of

resources and the need to prioritize care for certain patients. Finally, the results showed a significant correlation between life quality and burnout in nurses. Studies have established that burnout is connected with diminished quality of life, increased emotional distress, and physical health issues. Burnout can also lead to reduced job satisfaction and increased feelings of helplessness and worthlessness. Additionally, burnout has been linked to decreased levels of self-efficacy, which is essential for nurses to provide quality care.

Overall, the results showed that the COVID-19 pandemic had a significant influence on nurses' emotional and psychological health. There is a strong correlation between fatigue and burnout, and the pandemic negatively impacts nurses' moral distress. Additionally, there is a significant connection between nurses' burnout and life quality. Therefore, it is essential to explore ways to decrease nurses' burnout and advance their quality of life.

These findings have important implications for healthcare organizations and policymakers. First, healthcare organizations should develop strategies to reduce burnout and recover nurses' quality of life. It can include creating flexible work schedules and providing nurses with adequate

rest periods. Additionally, healthcare organizations should provide resources to support nurses' mental health and provide them with access to counseling services. Finally, healthcare organizations should recognize the importance of nurses' moral distress and develop policies to address ethical dilemmas.

For policymakers, the findings suggest that more needs to be done to address the nursing shortage and reduce the stress and workload associated with the pandemic. Policymakers should also focus on providing nurses with adequate resources to support their mental health and reduce burnout. Additionally, policymakers should develop policies to address ethical dilemmas and ensure that nurses have access to counseling services.

Overall, the findings from this systematic review of the literature recommend that the COVID-19 pandemic has had a substantial negative influence on nurses' emotional and psychological health. There is a strong correlation between fatigue and burnout, and the pandemic has increased stress and anxiety levels. Additionally, the disease has had a harmful effect on nurses' moral distress, and there is a significant connection between nurses' burnout and life standards. Therefore, it is essential for healthcare organizations and policymakers to develop strategies to reduce burnout and advance nurses' quality of life.

These findings are consistent with the outcomes of other recent studies. For instance, a study by O'Neill *et al.* (2020)^[17] found that nurses who worked in COVID-19 intensive care units were more probable to go through anxiety, depression, and post-traumatic stress disorder than non-COVID-19 units. Similarly, a study by Wang *et al.* (2020)^[21] found that anxiety and burnout among nurses was more prevalent in high-risk environments than nurses working in low-risk areas. Furthermore, a study by Liao *et al.* (2020)^[13] found that nurses were more likely to experience moral distress due to the increased risk of exposure to the virus and the emotional and psychological strain of caring for patients with COVID-19. Finally, a study by Ai *et al.* (2020)^[2] found that burnout was associated with reduced quality of life and increased emotional distress. These findings are consistent with the results of this systematic review of the literature. They propose that the COVID-19 pandemic has had a substantial negative influence on the emotional and psychological health of nurses.

Limitation and Future Study

The limitations of this study include the limited amount of research available on the topic and the lack of research on the influence of the pandemic on nurse moral distress. Additionally, the literature search was limited to studies published in the past five years, which may have excluded important studies. The studies included in this review were also limited to those published in peer-reviewed journals. Future studies should further explore the effects of the pandemic on nurse burnout and psychological health, as well as the correlation between fatigue and burnout. Additionally, there is a need for more research on the impact of the pandemic on nurse moral distress and the connection between nurse burnout and life quality. Furthermore, there is a need for studies that focus on the implementation of interventions to reduce nurse burnout and improve quality of life. Finally, future studies should explore the impact of

the pandemic on nurses in different countries and regions.

Conclusion

The COVID-19 pandemic has significantly influenced the emotional and psychological well-being of nursing staff. There is a strong correlation between fatigue and burnout, and the pandemic has increased stress and anxiety levels. Additionally, the pandemic has had a deleterious influence on nurses' moral distress, and there is a correlation between nurses' burnout and life quality. Therefore, it is essential to explore ways to diminish nurses' burnout and advance their quality of life. The paper has investigated the pandemic's effects on nursing burnout, mental health, and the correlation between fatigue and burnout. It has also discussed the impact of the pandemic on nurses' moral distress and the connection between nurses' burnout and life quality. The paper has concluded with practical references to decrease nurses' burnout and increase their quality of life. The recommendations include providing nurses with adequate resources, such as additional staff and resources, to reduce the workload and stress associated with the pandemic. Additionally, it is recommended that nurses be given more flexibility in their schedules to ensure adequate rest and recovery. Finally, it is essential to provide support and resources to help nurses manage their emotional and psychological distress. By implementing these measures, it is possible to reduce nurses' burnout and advance their life quality.

Conflict of Interest

Not available

Financial Support

Not available

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