

**Burnout and Workload Among Nurses in a 24/7 Maternity Unit: A
Descriptive Study**

A Dissertation Synopsis

Submitted to

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By

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Title of the Study:

Burnout and Workload Among Nurses in a 24/7 Maternity Unit: A Descriptive Study

Introduction:

Nursing professionals working in maternity care are subject to intense physical demands, emotional labor, and time-sensitive responsibilities. The constant pressure of caring for mothers and newborns, along with irregular shifts and insufficient recovery time, often leads to psychological strain and occupational burnout. Burnout, a state characterized by emotional fatigue, detachment, and a reduced sense of accomplishment, has been closely linked to stressful work environments (1). Given the critical role of nurses in ensuring maternal and neonatal safety, addressing burnout in this workforce is essential.

Need for the Study:

The relationship between high workload and professional burnout has long been established globally, yet the Indian healthcare setting, especially in standalone maternity hospitals, remains underexplored in this regard. Research indicates that nurse burnout not only hampers care delivery but can also lead to increased turnover, job dissatisfaction, and a dip in patient satisfaction (2). A context-specific, descriptive study is necessary to identify how workload patterns affect nurse well-being, especially in settings that operate around the clock (3)(5).

Objectives:

- To identify the extent of burnout in maternity nurses by using a modified Maslach burnout inventory.
- Aim to Investigate shift patterns in workloads, hours worked by shift and overtime figures;
- To explore the relationship of workload predictors and burnout

Methodology:

Descriptive Cross-Sectional Design :- This study is conducted on approximately 40 Nurses from a 50-bedded, Maternity Hospital. A structured questionnaire was used, incorporating demographic details, workload metrics, and the three subscales of burnout (emotional exhaustion, depersonalization, and personal accomplishment). Data were analyzed using descriptive statistics and visual charts.

Expected Outcomes:

A large number of nurses (especially those to be assigned in a Rotating and Night duty) are likely to score moderate to high levels of burnout due to emotional exhaustion and lack work satisfaction. The top challenges are likely to be emotional exhaustion and a decreased sense

of personal accomplishment (1)(3). These insights could be used by hospital leadership to introduce evidence-based interventions ie staffing levels; schedules, emotional wellness programs.

Importance of the Study:

Relevance for Nurse Managers, Policy Makers and Healthcare Educators While identifying the magnitude and severity of burnout in maternity units, it can play a pivotal role in planning and designing better resources, inaugurating training, improving working conditions, all to enhance nurse retention. They are particularly important as a dearth of nurses is affecting the national workforce (5) and increasing pressures on maternal care services.

Timeline (Estimated Duration – 3 Months):

Activity	Time Frame
Topic Finalization & Guide Approval	Weeks 1-2
Literature Review	Weeks 2-4
Tool Design & Pilot Validation	Weeks 4-5
Data Collection	Weeks 5-7
Data Entry & Analysis	Week 7-9
Report Writing & Review	Weeks 9-11
Final Submission	End of Week 11

Ethical Considerations:

- Informed consent will be obtained from all participants.
- Participation will be entirely voluntary, and withdrawal at any stage will be permitted.
- Data confidentiality and anonymity will be strictly maintained.
- Necessary institutional and academic permissions will be secured before initiating the study.

References:

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