Utilization of Creativity-Based Interventions to Combat Nursing Burnout

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**INTRODUCTION**

Nursing burnout is the decreased commitment, sensitivity and motivation in one’s work leading to poor patient and employee health outcomes. Even brief exposure to the distress and pain patients experience has been shown to increase blood pressure, anxiety and depressive symptoms leading to long term depressive symptoms and decreased commitment, sensitivity and motivation in behavioral diseases.

**BACKGROUND**

Prevalence of burnout before the COVID-19 pandemic was 35.1% and is predicted to have increased with the rise of physical and psychological stressors. Below is a synthesis of literature about nursing burnout and correlating factors.

**METHODS**

- Databases used: CINAHL, PubMed, and Google Scholar
- Search terms: “burnout,” “creative writing,” “nursing,” and “interventions.”
- Resulted in hundreds of articles; further limited to sixteen peer reviewed articles published between the years 2017 and 2022.

**RESULTS**

A study conducted by Lange et al., on the psychological effect of creative expression using multimedia found that participation in creative expression lead to increased feelings of well-being.

**CONCLUSION**

Our search revealed that there has been investigation into modalities to combat burnout symptoms and increase resiliency among other professions. There is sufficient evidence to suggest that these interventions may be efficacious at combating burnout syndrome among nurses.

**REFERENCES**


