Relationship between nursing burnout, physical environment and professional equipments

Abstract

**Background & Objective:** Burnout is a syndrome that emerges by mental fatigue and loss of competency. Inappropriate physical environment and professional equipment may be caused Burnout in nursing. Therefore this study accomplished by object of determination of relationship between Burnout and physical Environment and professional equipments.

**Materials & Methods:** This is a descriptive – analytical correlational study. The environment of study was medical sciences hospitals and samples were nursing employees in 1383-84. The research tools were two questionnaires including Maslach Burnout Inventory (MBI) consisted of three parts including: Emotional exhaustion, depersonalization and personal achievement. The next, was physical Environment and Professional Equipments questionnaires.

**Results:** Total participants were 272 nurses that 43.8% of them had high level of emotional exhaustion, also there were a significant relationship between emotional exhaustion, depersonalization and physical environment ($p \leq 0.05$). In addition, there were a significant relationship between severity of emotional exhaustion and depersonalization with professional equipments ($p\leq0.05$). There were a reversed relationship between burnout and professional equipments desirability.

**Conclusion:** This study indicated that most of the samples had high emotional exhaustion and there were relationship with physical environment and professional equipments. Also there were a reversed relationship between burnout and professional equipments desirability.

**Key Words:** Burnout- Nursing- Physical Environment- Professional equipments