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September 2023

Burnout among New Graduate Nurses (NGNs)- Are we ready to take the load?

Mehtab Jaffer

Western University, mjaffer9@uwo.ca

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Citation of this paper:

Jaffer, Mehtab, "Burnout among New Graduate Nurses (NGNs)- Are we ready to take the load?" (2023).
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393.

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Burnout among New Graduate Nurses (NGNs)- Are we ready to take the load?

New Graduate Nurses are considered frontline health care providers, asset of the nursing profession and represent the future of nursing profession. During my clinical experiences, I have noticed that final-year graduating students feel exhausted during their clinicals, and they were scared of being infected with Covid-19, during pandemic. The impact of COVID-19 on NGNs has depicted through mental stress, insecurity, increased workload with extended duty hours, higher incidences of patient mortality, and burnout which affects their mental, physical, and psychological well-being (Lai et al., 2020). Moreover, NGN currently experience burnout during their transition from student to NGN. They are susceptible to negative attitudes and unrealistic expectations which leads to burnout. Hence, it is imperative that NGNs physical, mental, and psychological health must be appropriate for the betterment of their patients. The study findings hope to provide a platform for the institutions to take appropriate measures to reduce burnout among NGNs.

Word Count- 150 words