Burnout and Fatigue Among Jamaican Nurse Anaesthetists

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OBJECTIVE

Describe how nurse anaesthetists experience fatigue and burnout and how they perceive its effects on practice.

METHODS

A qualitative phenomenological study used interviews with six practising nurse anaesthetists in four Jamaican parishes.

RESULTS

Participants described emotional exhaustion and reduced personal accomplishment. They reported physical and mental effects of fatigue, while depersonalisation did not emerge as a finding.

CONCLUSION

The authors called for organisational action on conditions that contribute to burnout.