

Burnout in Nurse Educators Worksheet

Check in

Write any signs and symptoms you are experiencing now in your current work condition (feelings, physical symptoms, professional and personal roles)

Case Study:

For Janice, a nurse educator for 13 years, it started by saying yes. Yes to administration when they asked for Janice to share her expertise in curriculum development and to be the lead for the curriculum revision. Janice was on 6 college committees including chair of curriculum as well as teaching 60 plus students in a newly developed Clinical Judgment Course. Along with Janice's professional responsibilities, she is married with four children ages 12 to 23 and is a caregiver for her Dad who has Alzheimer's Disease. Janice started to bring work home and working late into the night because she couldn't complete it at work due to her packed workload. Janice started feeling like she wasn't accomplishing anything, she was exhausted at work and at home, she stopped reaching out to students who were struggling with her course. Janice was burned out.

1. What are Janice's signs and symptoms of Burnout?
2. What contributing factors does Janice have for burnout?
3. What does Janice have control over to help with Burnout?
4. How can the Administration help with Janice's Burnout?

Action Plan:

What are your action steps for you to prevent burnout or decrease your burnout?

What can you take back to your place of employment to help with burnout?