

Mental Health in the Nursing Profession
The causes of burnout and stress
Environmental and social factors
For example Poverty
The meeting situation is low
Discrimination and discrimination
Adapting to a new living environment or culture
Unsafe working conditions
Living in a contaminated or hostile environment
High-Stress Environment
Every nursing specialty brings its own challenges, but some specialties are naturally more stressful than others.
Lack of Sleep
One of the largest burnout risks for professionals in any industry is chronic lack of sleep.
Lower Quality of Care
The most dangerous risk associated with burnout is a decrease in the quality of patient care.
Mistakes due to exhaustion can lead to patient discomfort, infection, and even (in extreme cases) death.
This is particularly common for nurses who work long hours and consecutive shifts.