

# Burnout in nurses and care workers

Job strain is a long-standing problem for nurses and care workers irrespective of nationality, type of nursing training, area or type of clinical or nonclinical work. Nurses and care workers are stressful professions, as they are characterized by exposure to a wide range of delicate situations and circumstances that may be at risk of stress. Job stressors include factors such as excessive or high workloads, irregular and unsocial hours of work, physical tiredness, the emotional demands of dealing with sick patients and their families and with patients whose behaviours are difficult, and lack of staff support, uncertainty concerning treatment, conflict with colleagues, supervisors and medical staff, dealing with death and dying, management difficulties, issues involving patient care, concerns about technical knowledge and skills. All these factors show the critical aspects of these particular jobs that make workers as potential victims of burnout syndrome.



Co-funded by the  
Erasmus+ Programme  
of the European Union



**e-learning based training contents  
to prevent burn out among  
care workers,  
nurses  
and student-nurses**



**[www.burnoutproject.net](http://www.burnoutproject.net)  
hashtag: [#jobisproject](https://www.facebook.com/jobisproject)  
FB: [www.facebook.com/jobisproject](https://www.facebook.com/jobisproject)**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."



# THE PROJECT

JOBIS aims to develop and pilot test e-learning based training contents to prevent burn out among care workers, nurses and student-nurses in five European countries (Romania, Lithuania, Poland, Italy and Cyprus). JOBIS will provide an attractive, accessible and in-depth piloted training tool with high transferability to other target groups (doctors, civil servants, teachers, etc) and an international network of highly specialized trainers on the burnout topic.

## THE JOBIS PARTNERSHIP WILL PRODUCE THE FOLLOWING OUTCOMES:

- Training materials and a network of trainers specialised in Burnout prevention
- A study curriculum for a blended-learning burnout prevention and coping training course
- A blended-learning course, accessible from an e-learning platform

JOBIS will also organize a training for trainers as well as dissemination events in all partner countries.

# Partnership

## OAMGMAMR Iasi Branch (Romania) - Project coordinator

The organization has more than 11,000 members – nurses, midwives and medical assistants, among which more than 7500 active members who practice in Iasi county. The activity of the organization consists in the control and supervision of the of nurse and midwife professional practice. OAMGMAMR Iasi Branch organizes professional education events during which it encourages the professional exchange of experience and best practices in order to increase the professional competence of its members. The organization is also concerned about harmonization of the level of professional education and competences of nurses and midwives with the EU standards

**Contact person:** Silvia Popovici

**E-mail:** secretar@oamr-iasi.ro

## AKADEMIA HUMANISTYCZNO-EKONOMICZNA W LODZI (Poland)

University of Humanities and Economics in Lodz (AHE) is an accredited higher education institution and provides bachelor, master, postgraduate, PhD studies and courses for various target groups. The university focuses on educational research, innovative teaching and e-learning. Among our key fields of study and research there are: nursery, pedagogy, psychology, innovative teaching and learning methods, social problems, EQF and NQF.

### Contact persons:

Amanda Szukalska (Project Manager)

**E-mail:** aszukalska@ahelodz.pl

Daria Modrzejewska (Researcher)

**E-mail:** dmodrzejewska@ahelodz.pl

## ANZIANI E NON SOLO SC (Italy)

ANS is a non-profit organization founded in 2004 and working in the field of social research, community development, advocacy and training for formal and informal carers. Training for professional care workers is among ANS key activities: periodically we hold classes for professional carers to train them on caring skills as well as on ethic and abuse prevention issues. ANS also offer e-learning courses for professionals as well as for informal carers.

### Contact person:

Licia Boccaletti (Ans Eu project manager)

**E-mail:** progetti@anzianienonsolo.it

## KLAIPEDOS VALSTYBINE KOLEGIJA (Lithuania)

Klaipėdos valstybinė kolegija (KVK) is the third-largest college in Lithuania with strong academic reputation. The College consists of three faculties: Faculty of Health Sciences, Faculty of Technologies and Faculty of Social Sciences. The Faculty of Health Sciences, where 1037 students are enrolled, offer courses for general practice nursing, beauty therapy, physiotherapy, oral hygiene, odontological care as well as social work.

### Contact person:

Eglė Brezgytė (Head of Project Department)

**E-mail:** e.brezgyte@kvk.lt

## CYPRUS UNIVERSITY OF TECHNOLOGY (Cyprus)

The Cyprus University of Technology was founded in Limassol in 2003. Departments have the objective to provide education to students of a high scientific, technological and professional level, to produce high quality research that will transcend the traditional boundaries between basic and applied research, to attain an important position as a partner in a modern, European setting and to secure significant external research funding, to promote University cooperation with local industry and the economic sector in order to participate in the national effort to innovate and constantly improve products and services.

### Contact persons:

Dr Evridiki Papastavrou (Discipline: Nursing)

**E-mail:** e.papastavrou@cut.ac.cy

Dr Maria Karanikola (Discipline: Nursing)

**E-mail:** maria.karanikola@cut.ac.cy

Areti Efthymiou (Discipline: Psychology)

**E-mail:** arefthymiou@yahoo.com

Dr Panayiota Andreou (Discipline: Psychology)

**E-mail:** panayiota.andreou@cut.ac.cy

Melina Evripidou (Discipline: Nursing)

**E-mail:** melinaevripidou@outlook.com

