**EBP Assignment Part 1: PICO Question Development**

Student’s Name

Institutional Affiliation

Course Name & Code

Instructor’s Name

Date

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Nurses participate in research-associated activities that implore that to have basic research skills based on their areas of interest. Evidence-based practice (EBP) interventions entail identifying a nursing topic and researching the issue to get insight and develop better ways of addressing it. Burnout is a critical issue that nurses face due to certain reasons that include nursing shortage and high turnover rates. Burnout can lead to adverse patient outcomes and poor quality care due to issues like medication errors (Carthon et al., 2021). The essence of this assignment is to address the issue of burnout using an EBP approach by formulating a PICO question and associated components.

**Topic of Interest**

Burnout among nurses is a serious patient safety concern because of its adverse effects on quality of care. Nurses experience burnouts due to different reasons that include workload, shortages and high turnover in their organizations (Kelly et al., 2021). The research will focus on different facets of burnout as a nursing problem that impacts overall care delivery and quality for patients and providers.

What interests me about the topic is that burnout is becoming more prevalent and affecting the ability of nurse practitioners to provide quality care to patients in different situations. Nurses experience increased burnout levels in their practice settings as a result of the nature of their work that is involving (Shah et al., 2021). As, the burnout is associated with their nursing roles, overload and ambiguity that emanate from their roles.

The research process for the topic will entail conducting an internet search using nursing databases and online scholarly journal as part of the literature review to ascertain the different aspects of the problem. The existing information and prior studies on the topic are essential in generating effective data and reliable sources to evaluate the expected interventions.

The key words that I will use to get reliable sources include nursing databases, scholarly works, and research on burnout, nurse burnouts and causes, and evidence-based practice (EBP) approaches on nurse burnouts. Having reliable sources is essential in EBP research and through the use of key words, the paper will generate dependable information based on investigations for the project.

Reliable sources are peer-reviewed scholarly articles that include primary research, systematic reviews, and randomized control clinical studies conducted by researchers. By considering that these articles meet the criteria, it will mean that they are reliable and should be used in the EBP research about nurse burnout and effective strategies that can prevent and reduce its prevalence.

Qualitative and quantitative approaches to research are the main methods that investigators use based on their merits and disadvantages (Polit & Beck, 2020). For this project, I anticipate that the study will be qualitative as it will entail getting systematic reviews and assessing them to ascertain the required interventions to address nurse burnout.

**PICOT Question Development**

**Population/Patient**

The population of interest are nurses who suffer from burnout in their practice

**Intervention/Treatment**

Hiring and retention of nurses by offering better working conditions that include appropriate workload

**Comparison**

The intervention will be compared to standard practices of hiring and retaining nurses

**Outcome**

The outcome of the study is to mitigate rising levels of nurse burnouts

**Time**

The outcomes should be immediate with three months of implementation.

**PICOT Question**

Among nurses who experience burnout (P), does having better hiring and retention models that include appropriate workload (I) compared to standard practices (C), reduce levels of burnout (O) with three months (T)? The implication is that effective interventions are critical to ascertaining better outcomes when dealing with the issue of nurse burnout.

**References**

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