Academic Success and Professional Development Plan

Name of Student

Institutional Affiliation

3-2 Part 3: Academic Success and Professional Development Plan

Step 1: Research Analysis

Topic of Interest:	Nurse Burnout and Resources for Coping
Research Article: *Include full citation in APA format, as well as link or search details (such as DOI)*	Meissner, A., Osterbrink, J., & Nienhaus, A. (2021). The relationship between workload and burnout among nurses: The buffering role of personal, social, and organisational resources. PLOS ONE, 16(1), e0245798. https://doi.org/10.1371/journal.pone.0245798
Professional Practice Use: *One or more professional practice uses of the theories/concepts presented in the article*	This article discusses how personal, social, and organizational resources can mitigate the effects of high workload on nurse burnout. The insights from this research can be utilized to develop strategies and interventions in nursing practices that enhance these resources to improve nurse well-being and retention.

Research Analysis Matrix *Add more rows if necessary*	Strengths of the Research	Limitations of the Research	Relevancy to Topic of Interest	Notes
	Comprehensive cross-sectional study; large sample size.	Cross-sectional design limits causality insights.	Highly relevant	Explores burnout in context of resource availability.
	Detailed statistical analysis.	Data from 2017, may not fully reflect current conditions.	Highly relevant	Informs about effective interventions.
	Focuses on actionable factors like improving resources.	Specific to Germany, may not be generalizable.	Directly applicable	Useful for policy-making and management.
	Uses established stress and coping frameworks.	Limited exploration of new theoretical frameworks.	Relevant	Supports existing theories of stress management.

I would recommend this article for informing professional practice in nursing management and policy-making. It provides a thorough analysis of how personal, social, and organizational resources can buffer the effects of high workload on nurse burnout, a prevalent issue in healthcare settings. Given the study's empirical data and robust analysis, the findings could guide the development of targeted interventions aimed at reducing burnout and enhancing job satisfaction among nurses. It could ultimately lead to improved patient care and nurse retention rates.

Step 2: Summary of Analysis

In identifying and analyzing peer-reviewed research, I approached the task with a focus on recent studies that address current issues in nursing, such as nurse burnout. I utilized the Walden Library databases, specifically searching for articles published in the last five years to ensure the relevancy and timeliness of the data. My keyword strategy included terms related to "nurse burnout," "workload," and "coping resources," which yielded several pertinent studies.

Two effective strategies I found for locating peer-reviewed research were using advanced search filters to narrow down results to the most relevant and recent articles and utilizing citation chains to find additional relevant studies cited by the initial articles I reviewed. These methods ensured that I accessed high-quality and directly applicable research.

In the future, I intend to continue using the Walden Library's comprehensive databases and consider subscription-based journals specializing in nursing and healthcare management. These resources provide a robust platform for accessing a wide range of peer-reviewed articles necessary for both academic studies and professional development in nursing.

References

Meissner, A., Osterbrink, J., & Nienhaus, A. (2021). The relationship between workload and

burnout among nurses: The buffering role of personal, social, and organisational

resources. PLOS ONE, 16(1), e0245798.

https://doi.org/10.1371/journal.pone.0245798