Abstract

Introduction: Burnout” describes the emotional reactions of staff whose work involves continual exposure to emotional and physical stresses, and it has been identified as a concern by nursing leaders (Maslach & Jackson 2007). Burnout is defined as a “progressive deterioration in work and other performance resulting from increasing difficulties in coping with high and continuing levels of job related stress and professional frustration” (Paine 2010).

Purpose: The broad objective of the study is research is factors contributing to burnout among nurses in Kenyatta National Hospital, Critical Care Unit.

Methods and Materials: The research will be conducted in a period of six months. The research design will be descriptive cross-sectional and it will utilize self-administered questionnaire to collect data.

The sample size will be determined using fishers and finite for correction of proportions and it will consist of 68 nurses working in CCU derived through simple random sampling.

The data collected will be analysed using SPSS version 22 and results presented in form of bar graphs, pie charts and frequency tables. Measures of central tendency will be used to include, mean, mode and median.