

# **Health-related Quality of Life and Burnout among Working Nurses in Covid-19 Isolation Units in Jordan**

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## **Abstract**

Health-related quality of life and burnout are a great worldwide healthcare professionals' problems. There is an increasing concern regarding the elevating level of burnout and reduced health-related quality of life especially during Covid-19 pandemic among these professionals including nurses. Thus, this study purposed to assess the health-related quality of life and burnout among nurses working in Covid-19 isolation units in Jordan. A cross-sectional, descriptive correlational design was adopted. Data were collected from 403 nurses working in governmental field hospitals in Amman, Irbid, Ma'an, and Aqaba governorate in Jordan. The results showed that the mean scores of health-related quality of life and burnout were 49.32 (SD=9.84) and 52.88 (SD= 15.84), which indicates that the nurses had high quality of life and experienced burnout. Also, working hours, having older adult in the family, sleep quality, physical activity, workload, conflict between work and individual, family, and social life, exposure to Covid-19 infection, and job satisfaction were correlated with health-related quality of life. Meanwhile, having older adult, educational level, sleep quality, physical activity, workload, conflict between work and individual, family, and social life, exposure to Covid-19 infection, and job satisfaction were the factors correlated with burnout. These results confirm the importance of developing new

strategies and interventions to improve quality of life and reduce level of burnout among nurses in isolation units. More efforts should be considered to focus on the factors correlating with quality of life and burnout among nurses in these units.

**Keywords:** Burnout; Covid-19; isolation units; health-related factors; nurses; quality of life; work-related factors