

## Global Summit on Nursing and Midwifery

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### **Neurotransmitter imbalance in burnouts, and the correlation between stress management and improvement in productivity at work**

#### **Abstract:**

Burnout is characterized by intense exhaustion, a sense of powerlessness, physical and mental depletion, and an inability to carry out tasks due to extended stress. Several biological processes in the body, such as an imbalance in neurotransmitters—in this case, the catecholamines (dopamine, epinephrine and norepinephrine)—occur when burnout develops. The catecholamines which regulates mood, have an impact on the body, as do anxiety, depression, and impaired cognitive performance. When stress is not controlled, it can become overpowering and have an adverse effect on our productivity at work and our health. Stress management and increased productivity are directly correlated; managing stress at work increases productivity when all pertinent internal and external elements are taken into consideration and the right technique is used. During our session, we will go into detail on catecholamines and how they affect a person's mood, ways and methods that can be used to reduce stress and burnout which in return will lead to higher productivity and job satisfaction.

#### **Biography**

**Shajaira Payne** is finishing her doctoral thesis at University of Istmo in education with an emphasis on research. Bachelor of Science in Nursing from the University of Panama, with experience as a registered nurse in both the Children's Hospital in Panama and La Palma Hospital in the isolated Darien region. Clinical Supervision for Nursing at a large multispecialty hospital called 24 Diciembre; Head of Regional Health Services Provision in Darien; Head of Nursing at the Sambu Health Center in Darien. Commenced working as a nurse at the US Embassy in Panama in 2014 and is based in the health facility.