

# A Real Remedy **Safe Patient Limits HB 3338**

**There is no shortage of licensed nurses in Illinois or the country for that matter...**

**Illinois Nurse Workforce identifies every year MORE nurses are licensed.** In 2019 there were 210,000 RNs • In 2023 there were 213,000 RNs [https://nursing.illinois.gov/content/dam/soi/en/web/nursing/documents/pdf/2023-02-01\\_Active%20Nurse%20Licensees.pdf](https://nursing.illinois.gov/content/dam/soi/en/web/nursing/documents/pdf/2023-02-01_Active%20Nurse%20Licensees.pdf)

**The federal government projects that more than 203,000 new registered nurse positions will be created each year from 2021-2031 U.S. Bureau of Labor Statistics. (2022).** <https://www.aacnnursing.org/news-Information/fact-sheets/nursing-fact-sheet>

**Why then are nurses leaving the bedside? Prolonged Stress leading to Burnout.**

**NOT Covid, but TOO many Patients; LONG Shifts; STRESSFUL Specialties!**

These findings suggest that burnout is a significant problem among US nurses who leave their job or consider leaving their job. Health systems should focus on implementing known strategies to alleviate burnout, including adequate nurse staffing and limiting the number of hours worked per shift. Prevalence of and Factors Associated With Nurse Burnout in the US (2021) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7862989/>

## Prolonged Stress Is Caused by:



**NUMBER OF PATIENTS**  
Nurses who have more than four patients experience higher rates of burnout.



**LONG SHIFTS**  
Burnout is 2.5x more common in nurses who work shifts of 10–13 hours as opposed to 8–9 hours.



**STRESSFUL SPECIALTIES**  
ED nurses have the greatest rates of burnout, followed by ICU nurses.

Sources: Marshall University<sup>8</sup>, Health Affairs<sup>9</sup>, American Journal of Respiratory Critical Care Medicine<sup>4</sup>

**It's time to FIX the REAL problem with a REAL solution.**

**Mandate RN to patient ratios! Support HB 3338**