



Guide for Nurse Burnout App

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Summary

The Nurse Burnout (NBO) App is a wellness platform designed to help nurses identify & manage feelings of burnout, raise awareness and promote improved wellness through self-assessment, personalized activities, mood and sleep tracking, and community support. The app works with a proprietary positive/negative energy model, symptom analysis, wellness activities, information blogs, and interactive games to promote emotional and physical well-being of nurses. It also promotes peer learning and motivation through anonymous community engagement, helping nurses build healthier habits, reduce stress, and improve overall quality of life resulting in better patient care.

What is Nurse Burnout?

Background

The Nurse Burnout (NBO) App is a wellness and self-awareness platform designed to help nurses better understand the factors that contribute to burnout. Through guided activities, educational content, mood and sleep tracking, and community engagement, the app encourages users to build healthier habits and improve overall well-being.

Nursing can be emotionally, physically, and mentally demanding. Long shifts, high workloads, emotional stress, and limited recovery time can all contribute to feelings of exhaustion and burnout. The NBO App was developed to help nurses recognize these challenges, increase self-awareness, and explore positive lifestyle practices that may support their wellness journey.

The app combines research-based wellness concepts with practical tools that are easy to use throughout the day. Activities, blogs, self-assessments, and community features work together to help users identify patterns, monitor progress, and focus on positive actions that support personal well-being.

Vision

Our vision is to provide complete support through an app that focuses on nurses' burnout well-being and comfort, despite the challenges of their demanding roles. We aim to create a meaningful impact by helping feeling of burnout and promote overall well-being across the nurse profession.

Our Model & Approach

We researched established principles and reviewed studies that highlight this domain about Nurse burnout. We developed the Nurse Burnout (NBO) app with a structured workflow that allows users to identify and track symptoms and understand how those symptoms affect their emotional and physical well-being. Addressing feelings of burnout will automatically result in better patient care.

- The app offers complete flexibility without imposing any strict rules, ensuring a stress-free alleviation of feeling of burnout.
- Users can enjoy their daily routines and focus on self-improvement, all while using the app to create a log and trend map to not only help themselves but, also help the community to learn from their experience using their Avatars.

The concept of Community Development

The NBO app has envisioned an exciting feature called "Community," which allows users to connect, gain new ideas, and collaboratively track their progress against other members. This feature increases engagement and builds a strong wellness-focused community. Users can learn from each other and manage nurse burnout effectively, while their identity remains protected through the use of avatars.

Additionally, we've introduced sub-features that enable users to follow each other and monitor their activities using Avatars. These follower and following options help users stay updated on the achievements and goals of those they admire and adapt their own activities to track progress toward reducing self-reported negative energy. Together, these features create a supportive environment where everyone can thrive and advance on their wellness journey.

Product Platforms

We have the following platforms for our services.

- Android app
- iOS app

Disclaimer

The Nurse Burnout (NBO) App is intended solely for educational, informational, self-reflection, and wellness support purposes. The information, activities, assessments, trends, scores, and recommendations provided within the application are not medical advice, psychological counseling, psychiatric treatment, clinical diagnosis, or professional healthcare services.

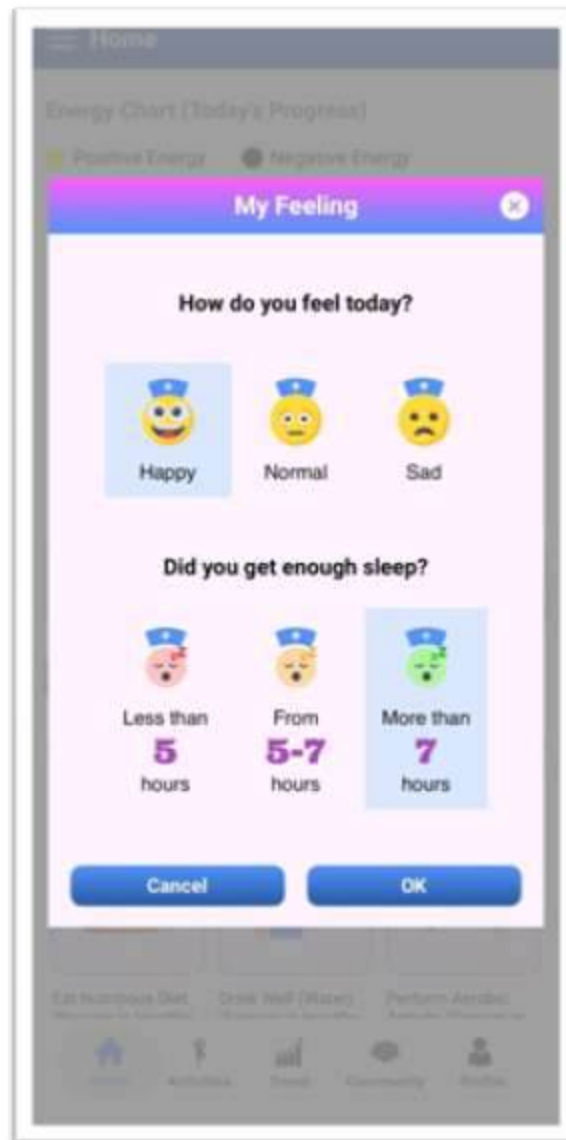
Use of the application does not establish a healthcare provider-patient relationship. Users should seek assistance from qualified healthcare, mental health, or counseling professionals regarding any medical, emotional, psychological, or workplace concerns.

In the event of a medical emergency, mental health crisis, or thoughts of self-harm, contact emergency services or a qualified healthcare professional immediately.

Daily Mood & Sleep Questions

The Daily Mood and Sleep Questions feature helps users recognize the importance of self-assessing their mood and maintaining healthy sleep habits. Both Mood and Sleep can impact the feelings of burnout and therefore impact the nurse patient interactions and care.

NBO app keeps track of your daily answers and shows your trend over a week or a month.

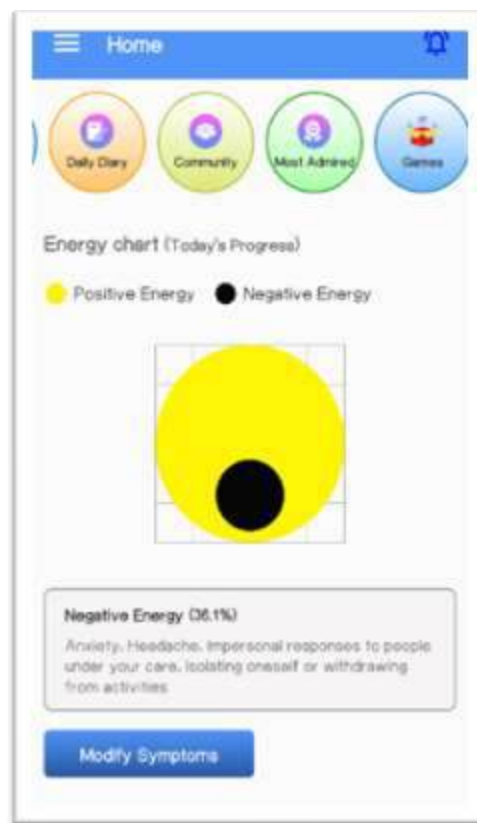


Home Dashboard with Energy Chart

This screen provides a visual summary of the user's current burnout and emotional state through a proprietary Energy Chart concept. This model reinforces positive and negative energy.

- Yellow (Positive Energy): Represents healthy emotional and physical well-being.
- Black (Negative Energy): Indicates stress, fatigue, or burnout-related symptoms.

In the example image below, the chart shows 7.5% negative energy, suggesting a relatively stable condition but still highlighting some level of discomfort that the Users associate as burnout and want to engage in activities that will reduce that negative energy and increase the positive energy.



Below the Energy chart:

- A Modify Symptoms option allows users to update their status.
- Recommended Activities are displayed to allow Users to select an activity and perform for some duration or select other activities that will also reduce the negative energy.

Symptoms Identification

This screen is designed to help users identify and reflect on the symptoms they are currently experiencing, which may be related to burnout.



- It presents a list of common emotional, physical, and behavioral symptoms such as: Fatigue
- Problem Sleeping
- Anxiety
- Headaches
- Impersonal responses to people under your care
- Dissatisfied with things that used to bring joy at work and at home
- Isolating oneself or withdrawing from activities
- Poor Decision Making
- Lack of interest in going to work
- Feeling underappreciated or unappreciated
- Feeling constantly overworked
- Feeling ineffective or unimportant
- Substance abuse
- Weakness of mind and body
- Behavioral irritation
- Disturbed nature

Each symptom is shown with an icon and can be selected by the Users. This allows individuals to actively assess their feelings of burnout and well-being. The “Reset” button clears all selections, while the “Next” button moves the Users forward in the assessment process.

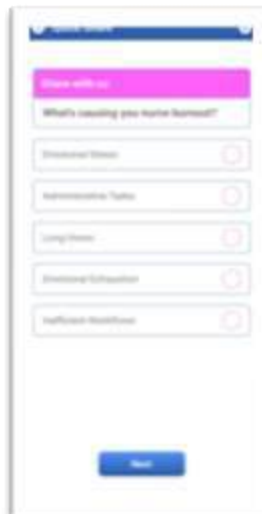
Symptoms Severity

Users are asked to assess severity of each symptom. This allows the NBO app to recommend the right activity based on the severity.



Causes of Symptoms

The research has indicated that there are specific causes of Nurse Feeling of burnout. This identification will raise self-awareness and also allow the NBO app to recommend the right activity mix for alleviating the Nurse burnout.



Trend Screen

This functionality allows users to monitor their emotional and burnout well-being over a selected period, helping them understand patterns related to burnout.

At the top, users can select a date range (e.g., 11-Mar-2026 to 25-Mar-2026) to view their energy trends over time. This helps in identifying whether their condition is improving, stable, or worsening.

Users can choose between two visualization options:

- Bar Graph: Displays energy levels in a structured, time-based format.
- Bubble Chart: Provides a more visual and comparative representation of positive and negative energy levels.

Trend Screen Bar Graph View

In this function, the Users have selected the date range 26-Mar-2026 to 01-Apr-2026. The bar graph shows daily energy levels across this period. All bars are completely yellow, indicating that the Users maintained 100% positive energy on each day. There are no black portions in the bars, which mean no negative energy was recorded during this time.

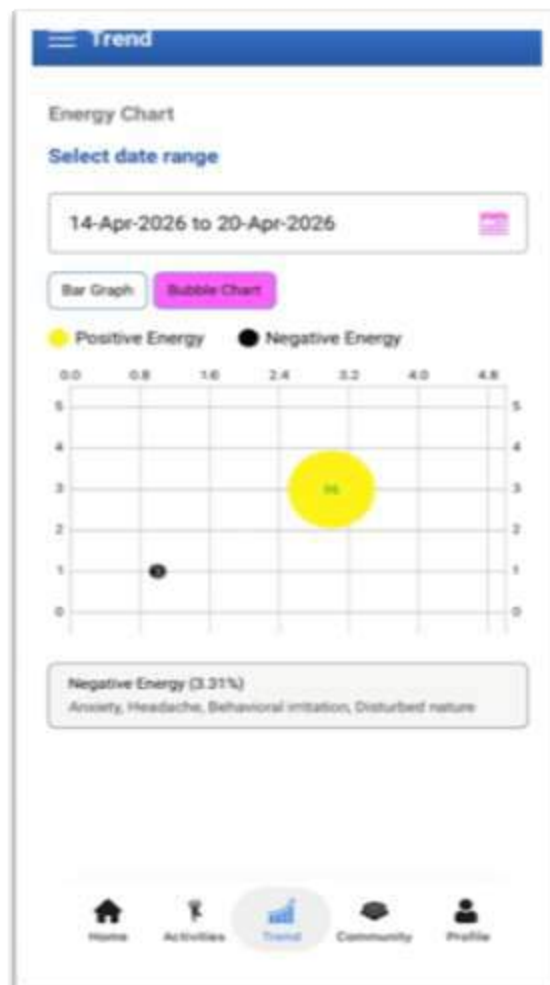
This indicates that the Users are in a stable and healthy state with no signs of burnout symptoms during the selected period.



Trend Screen Bubble Graph View

A large yellow bubble labeled “100%” appears, representing complete positive energy. There is little to no presence of black bubbles, indicating absence of negative energy.

This visual emphasizes that throughout the selected dates, the Users consistently experienced high well-being, low stress, and no burnout indicators.



Activities

This screen provides a list of recommended activities designed to help nurses reduce stress and manage burnout effectively.

At the top, there is a search bar and a filter option, allowing users to easily find activities based on their needs. Activities are further organized into categories that allow users to identify right categories based on their symptoms and feelings.



Each activity is presented in a card format with:

- A title describing the activity
- A short benefit statement explaining how it helps toward reducing self-reported negative energy
- A visual illustration for easy understanding
- A navigation arrow to view more details or start the activity

Activity Categories

- Engage in Healthy Activities
- Practice Mindfulness
- Breathing Techniques
- Get Appropriate Hrs. of Sleep
- Work-life balance
- Seek Support
- Career changes
- Survey Questions
- Blogs
- Games


List of Activities

- Eat Nutritious Diet
- Drink Well (Water)
- Perform Aerobic Activity
- Relaxing Techniques
- Slow down
- Actively Listen
- Focus on Present Situation
- Listen to yourself: Do you need to eat?
- Listen to yourself: Do you need to drink?
- Listen to yourself: Do you need a break?
- Equal Breathing (4 seconds in, 4 seconds out) - Shut Eyes
- Abdominal Breathing (deep breaths through your nose and into your abdomen)
- Change sleeping schedule (Day or night based on work shifts)
- Get minimum of 8 hours of sleep
- Be vocal and let others know what life hours do you need beside work
- Commit to non-work activities and do not delay/cancel it if work schedule can accommodate it with some alternatives.
- Reach out to Family
- Reach out to Therapist
- Engage with community support Groups
- Within Nurse Profession
- Outside Nurse Profession
- Prioritizing Personal Care
- Allowing Nurses More Say
- Establishing Mentorship Programs
- Relying on Tech to Streamline Documentation

- Effects of Nurse Burnout
- Recognize Nurse Burnout
- What helps?
- Symptoms
- General
- Nurse Burnout Equals Low Morale
- Impact Test
- Alarming Statistics
- Feeling Delighted
- Discover Following
- Knowledge Quest

Examples of Reporting of performed Activities

4 Activity




Abdominal Breathing (deep breaths through yo...
Breathing Techniques

30 sec of activity will reduce 5% from your negative energy

Report sec

4 Activity




Get minimum of 8 hours of sleep
Get Appropriate Hrs. of Sleep

16 hr of activity will reduce 25% from your negative energy

Report hr

4 Activity




Perform Aerobic Activity
Engage in Healthy Activities

2 min of activity will reduce 1% from your negative energy

Report min

4 Activity



Eat Nutritious Diet
Engage in Healthy Activities

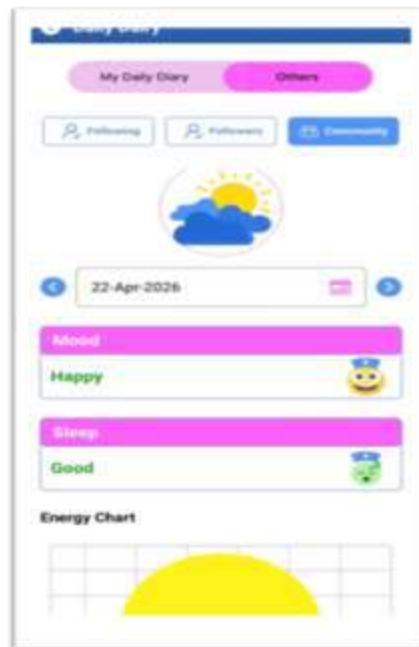
50 gm of activity will reduce 1% from your negative energy

Report gm

Daily Diary

This screen allows users to record and review their daily well-being status.

- Date Selection
 - Located in the center of the screen.
 - Use the arrows or calendar icon to select or change the date.
 - Helps track daily patterns over time.
- Mood Section
 - Displays the user's selected mood (e.g., Happy).
 - Users should select the mood that best reflects their emotional state for the day.
- Purpose:
 - Monitor emotional trends.
 - Identify early emotional changes linked to burnout.
- Sleep Section
 - Shows the quality of sleep (e.g., Average).
 - Users should input their sleep experience for the previous night.
- Purpose:
 - Track rest and recovery levels.
 - Detect fatigue, a key contributor to burnout.

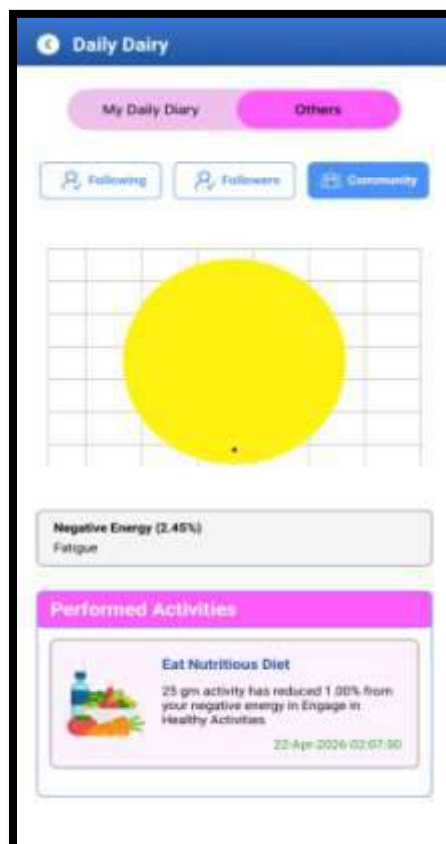


Energy and Activity Analysis

- Energy Chart
 - A visual representation of overall energy.
 - The highlighted portion shows negative energy percentage (e.g., 12.5%).

Purpose:

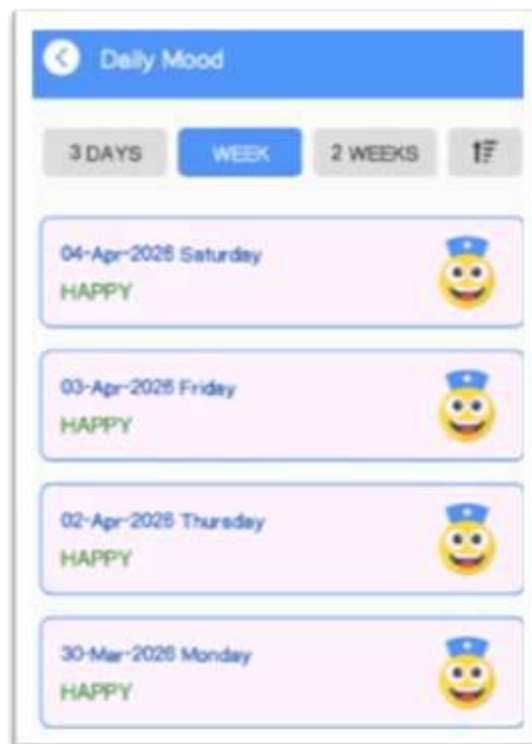
- Help users understand emotional balance.
- Identify early signs of stress or burnout.
- Negative Energy Details
 - Describes behaviors linked to negative energy, such as:
 - Impersonal responses to patients or colleagues
 - Withdrawing from activities or social interaction
- Purpose:
 - Increase awareness of behavioral changes.
 - Encourage early self-correction.



Daily Mood Log

This section shows Users their mood responses on a Daily & Weekly basis. Tracking moods regularly allows users to better understand their emotional state and how it affects their overall wellness and energy levels on a given day

A happy mood indicates a positive, motivated, and progressive mindset, which supports wellness activities and goal achievement. In contrast, a sad or neutral mood may indicate lower energy levels, emotional stress, or potential obstacles that can slow down wellness or even increase negative energy. On any day, Users can modify their chart to adjust positive and negative energy levels.



Daily Sleep Log

Monitoring sleep hours helps the system analyze sleep patterns, identify trends over time, and evaluate their impact on overall wellness and energy levels.

Sleep Duration Categories

- Less than 5 hours – Considered Poor Sleep
- 5 – 7 hours – Considered Average Sleep
- More than 7 hours – Considered Good Sleep

Example 1

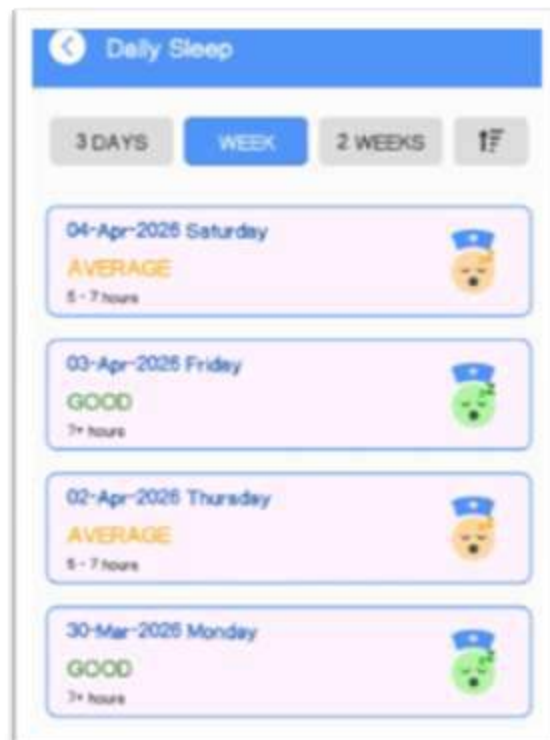
If Users record 6 hours of sleep, it will be categorized as Average Sleep. This indicates moderate rest.

Example 2

If Users record 8 hours of sleep, it will be categorized as Good Sleep. This reflects healthy sleep duration and contributes positively to the user's physical health, mood stability, and overall wellness.

Example 3

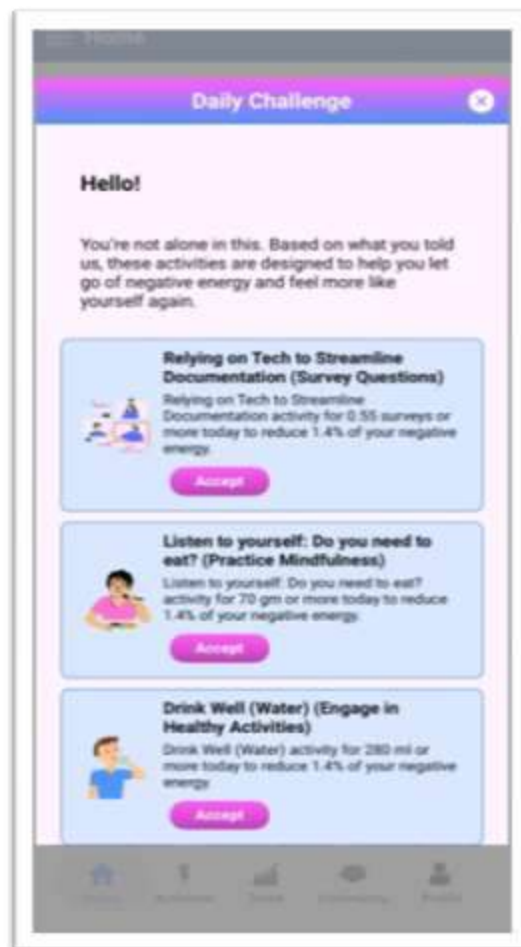
If Users record 4 hours of sleep, the system will categorize it as Poor Sleep. This may indicate fatigue or low energy levels, and the system may suggest improving sleep habits to support better wellness.



Daily Challenge

The Daily Challenge screen provides user's personalized activities designed to help reduce stress, promote emotional well-being, and alleviate burnout. These activities are based on your recent data entries. The system generates multiple challenge options with different impact levels based on your reported symptoms: For Example,

1. x% reduction activity (light effort)
2. y% reduction activity (moderate effort)
3. z% reduction activity (bigger effort)



Activity Example 1: Deep Breathing Reset

Take a 2-minute pause and practice slow breathing (inhale 4 sec, exhale 4 sec).

- Benefit:
 - Reduces immediate stress
 - Calms heart rate during busy shifts

Activity Example 2: Micro Walk Break

Take a 3–5 minute walk (even within the ward or hallway).

- Benefit:
 - Reduces burnout fatigue
 - Promotes focus and energy

Activity Example 3: Hydration Check

Drink a glass of water or fluids during your shift.

- Benefit:
 - Prevents dehydration-related fatigue
 - Supports concentration and alertness

Activity Example 4: Mindful Moment

Pause for 2 minutes and focus on your surroundings, breathing, or sensations.

- Benefit:
 - Enhances present-moment awareness
 - Reduces overwhelming thoughts

Activity Example 5: Stretching Break

Perform light stretching of your neck, shoulders, and back for 3–5 minutes.

- Benefit:
 - Relieves physical tension
 - Promotes blood circulation

Activity Example 6: Positive Reflection

Take a moment to recall one positive thing you did during your shift.

- Benefit:
 - Boosts motivation and morale
 - Reduces emotional exhaustion

Community

This function connects users with the broader community by showing shared experiences and helpful activities based on reported symptoms.

At the top, the message indicates that the system is using the user's input to provide relevant community-based suggestions.

Key Elements



- Community Activity Card

The card displays a recent entry with a date and time (03-Apr-2026 19:05:04), showing when the activity or report was made.

- Reported Issue

Example: 3 users reported impersonal responses to people under your care.

This highlights that other users are experiencing similar challenges, helping the nurse feel less isolated.

- Show Users

Allows viewing of other community members who reported the same issue, encouraging connection and shared understanding.

- Performed Activities

Displays actions taken by others to manage the same problem, providing practical solutions.

Details

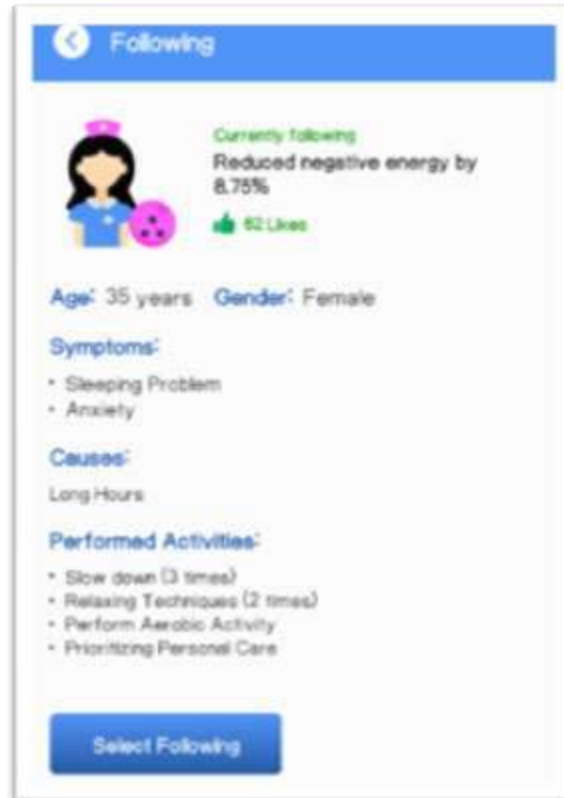
This screen displays a feed of community members sharing their burnout experiences and recovery progress. It helps users learn from others and stay motivated.

At the top, there are Filter and Sort options, allowing users to customize the feed based on preferences. The “Apply” button updates the results accordingly.



Following

This function shows the profile of a User that is being followed, allowing others to learn from their burnout recovery journey.



This screen shows the profile of a User that is being followed, allowing others to learn from their burnout recovery journey.

At the top, the status “Currently following” indicates that the Users are actively following this profile. The highlighted result “Reduced negative energy by 8.75%” reflects measurable improvement, showing progress in managing feelings of burnout.

The “62 Likes” suggests community appreciation and recognition for this user’s efforts.

Profile Details Explained

- Age & Gender

Example: 35 years, Female – Provides basic context about the User.

- Symptoms

Lists the challenges faced, such as:

Sleep problems

Anxiety

- Causes

Identifies contributing factors, e.g., Long working hours, helping others relate to similar situations.

Performed Activities

This section highlights actions taken by the Users to reduce feelings of burnout:

- Slow down (3 times)
- Relaxing Techniques (2 times)
- Perform Aerobic Activity
- Prioritizing Personal Care

These activities serve as practical examples for others to follow.

Followers

This screen allows users to view and manage their followers within the app's community.

At the top, there are filter and sorting options:

- Gender filter (e.g., Male) helps users view followers based on selected categories
- Sorting option (e.g., By date asc) organizes followers by when they started following

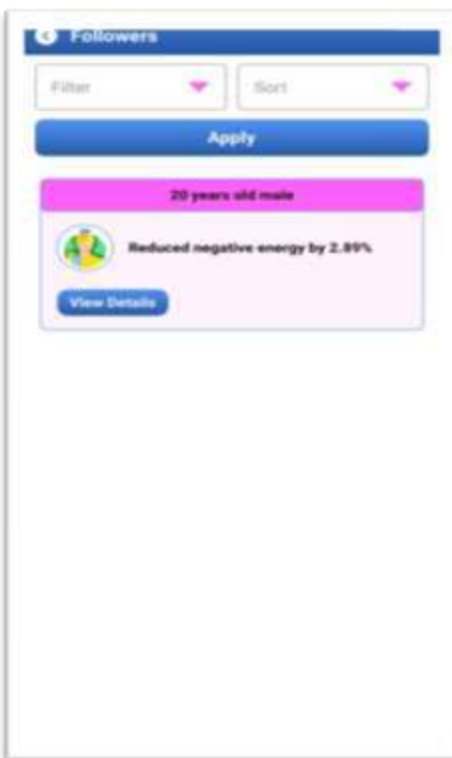
The "Apply" button confirms the selected filters and updates the list accordingly.

Purpose in Nurse Burnout Guide

This feature supports:

- Social connection: Enables users to build a network within the community
- Peer engagement: Followers can view and learn from each other's activities and progress

Motivation: Being followed can encourage consistency and accountability



Most Admired Members

This process highlights top-performing users within the community, encouraging motivation and positive engagement among nurses.

At the top, users are prompted to explore members “Go with a Category”, allowing them to view achievements based on different criteria.



Categories

- Male / Female

Displays top-performing members based on gender categories. This allows users to relate more closely with peers and draw inspiration from similar groups.

- Most Active

Highlights users who regularly engage with the app, such as completing activities, tracking symptoms, and maintaining consistency in self-care.

- Most Reduced Negative Energy

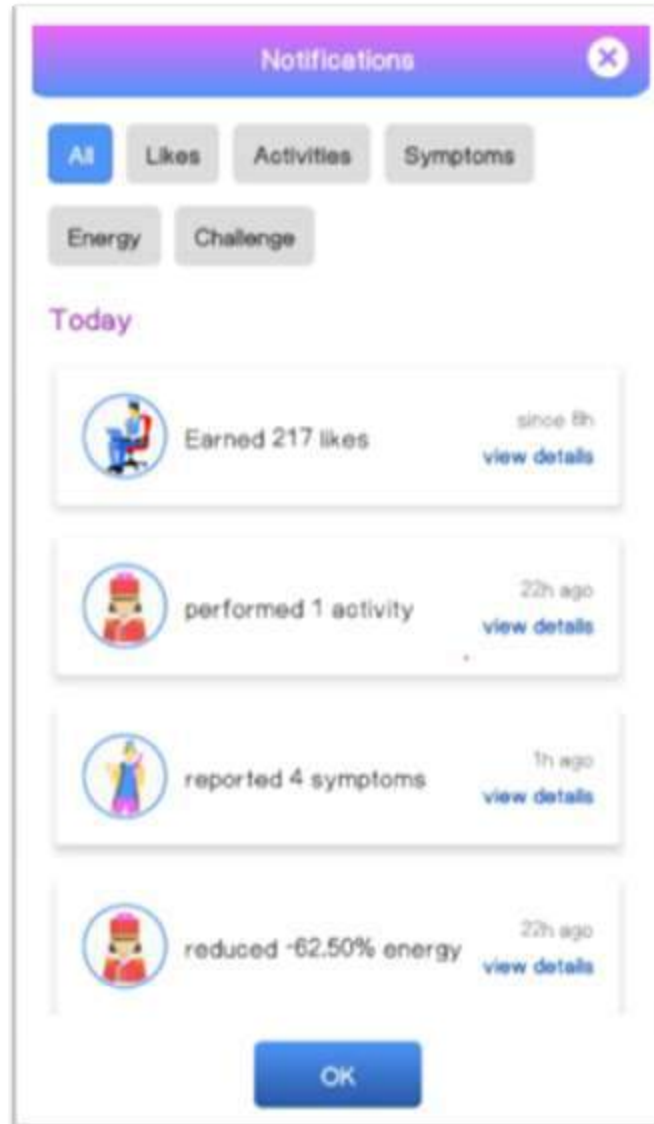
Showcases users who have made the greatest improvement in reducing their stress and feelings of burnout levels over time. This category emphasizes progress and recovery.

- See All

Provides access to the complete list of admired members across all categories.

Notifications

This screen provides users with real-time updates about their activities, progress, and community interactions within the app.



At the top, users can filter notifications using categories:

All: Displays all notifications

- Likes: Shows updates related to likes received
- Activities: Displays completed activities
- Symptoms: Shows reported symptoms
- Energy: Tracks changes in energy levels

Notifications Explained

Each notification card includes:

- A brief message describing the update
- A timestamp (e.g., 1h ago, 22h ago)
- A “View details” option for more information

Examples:

- Earned 217 likes

Indicates strong community engagement and appreciation.

- Performed 1 activity

Confirms that the Users have completed a self-care or wellness activity.

User Actions

- Tap “View details” to see more information about any notification.
- Use filters to quickly find specific updates.
- Tap “OK” to close the notification panel.

Blogs

This screen provides users with informative articles (blogs) to help them better understand and manage nurse burnout.

At the top, there is a search bar and search button, allowing users to quickly find specific topics. A filter option (All) helps users browse blogs by category.

Blog List Overview

1. Each blog is displayed with:
 - A thumbnail image for visual context
 - A title highlighting the topic
 - A short preview description giving an overview of the content

Search Function

- Located at the top of the screen.
- Users can enter keywords to quickly find specific blog topics.
- Tap the Search button to display results.

Category Filter

- A dropdown labeled “All” allows users to filter blogs by category.
 - Helps narrow down content based on specific interests or topics.

Blog Categories

There are four blog categories listed on the NBO app.

- Recognize Nurse Burnout
- Symptoms
- General
- What Helps
- Effect of Nurse Burnout

Category Name	Category Topic	Details
• Recognize Nurse Burnout	Understanding Nurse Burnout	Explains what nurse burnout are, its causes, symptoms, and how it affects emotional, mental, and physical health.
	Learning to Pause	Encourages users to take short breaks during stressful shifts to relax, recharge, and improve focus.
	Managing Mental Overload	Helps users handle stress caused by multiple responsibilities through task management and mental relaxation techniques.
	Recognize early signs of Nurse Burnout	Educates users about early symptoms such as fatigue, stress, irritability, and lack of motivation so they can take timely action.
	Emotional Fatigue in Healthcare workers	Raises awareness about emotional exhaustion caused by continuous caregiving and workplace pressure.
	The importance of Recovery Days	Explains why proper rest and recovery after long shifts are important for restoring energy and preventing burnout.
• Symptoms	Burnout Symptoms	Physical symptoms: constant tiredness, low energy, frequent headaches, sleep problems, and feeling physically drained even after rest.
		Emotional symptoms: irritability, sadness, feeling overwhelmed, loss of motivation, and emotional exhaustion.
		Behavioral symptoms: reduced performance, lack of focus, avoiding tasks, increased mistakes, and withdrawal from colleagues or patients.

General	Definition of Nurse Burnout	This blog explains what nurse burnout (NBO) is in a simple and clear way. Nurse burnout is a state of physical, emotional, and mental exhaustion caused by long-term stress in the healthcare environment.
		It usually develops due to factors such as heavy workload, long working hours, emotional pressure from patient care, and lack of rest or support.
		The purpose of this blog is to help users understand what burnout is, why it happens, and how important it is to recognize it early for better health and patient care.
What Helps	The value of supportive conversations	Encourages open and positive communication with colleagues, friends, or family to reduce stress and emotional pressure.
	The importance of rest after long shifts	Highlights the need for proper rest after duty to recover energy, reduce fatigue, and prevent burnout.
	Managing Difficult Days	Provides simple strategies to stay calm, prioritize tasks, and manage stress during challenging shifts.
	Letting Go of Perfection	Helps users reduce pressure by accepting mistakes and focusing on doing their best instead of being perfect.
	Connecting With Nature	Encourages spending time in natural environments to reduce stress, promote better mood, and restore mental clarity.
	Supporting Colleagues	Promotes teamwork and helping behavior among staff to create a positive and supportive work environment.
	The importance of Gratitude	Focuses on appreciating positive moments and experiences to promote mental well-being and reduce stress.
	Appreciating your Impact	Reminds users of the value of their work and how their efforts positively affect patients and healthcare outcomes.
	Gentle movement for Stress Relief	Encourages light physical activities

		like stretching or walking to reduce tension and promote relaxation.
	The power of positive movements	Explains how staying active and maintaining a positive routine can promote better mood, energy, and mental strength.
	Creating Personal Boundaries	Teaches users how to set healthy limits at work and in personal life to avoid overload and emotional exhaustion.
Effect of Nurse Burnout	Continuing the Journey	Encourages ongoing recovery from burnout by maintaining small daily improvements and consistent self-care habits.
	Nurse Burnout in Low Morale	Explains how burnout contributes to low motivation, poor workplace morale, and reduced team energy in healthcare settings.
	The impact of Nurse Burnout on Patient outcomes	Shows how burnout affects attention, decision-making, and overall patient safety and care quality.
	Nurse Fatigue Can Harm patients	Highlights how physical and mental exhaustion can increase the risk of errors and negatively affect patient health.
	Nurse Burnout results in High Turnover Rates and Staff Shortages	Explains how burnout leads to staff leaving jobs, creating shortages and increasing workload on remaining staff.
	Nurse Burnout causes Low Quality of Patient Care	Describes how burnout reduces focus, empathy, and efficiency, leading to lower standards of care delivery.
	Nurse Burnout impact patient satisfaction	Shows how stressed and exhausted staff can affect communication, responsiveness, and overall patient experience.

NBO Games

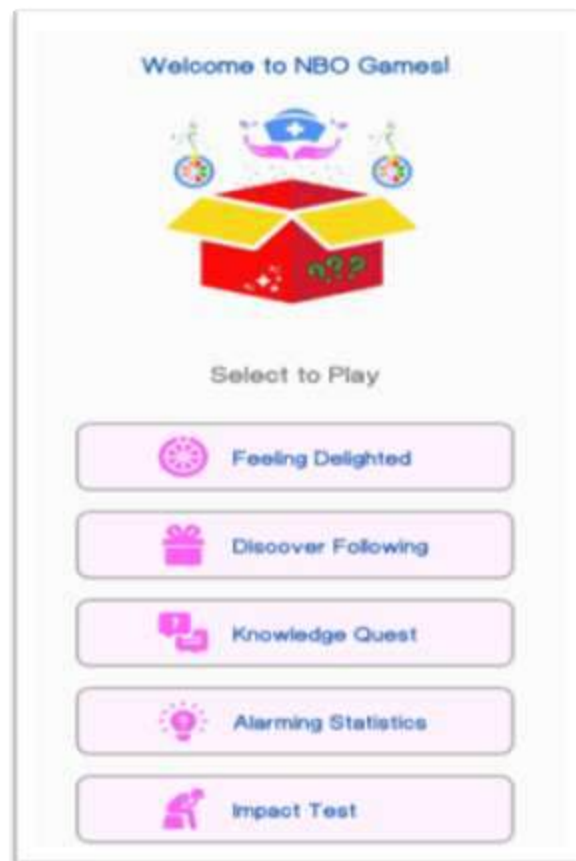
The Games section in the NBO Games app provides interactive activities designed to engage users, gather insights, and deliver personalized experiences. Each game offers a unique way to explore preferences, knowledge, and behavior.

Accessing Games

- Open the app.
- Navigate to the Games section.
- The Welcome to NBO Games screen will appear.
- Tap on any game option under “Select to Play”.

Available Games

- Feeling Delighted
- Discover Following
- Knowledge Quest
- Alarming Statistics
- Impact Test



Feeling Delighted

The Feeling Delighted game is an interactive spin-the-wheel activity designed to promote User’s well-being and collect feedback through engaging topics.



How to Play

- Open the Games section in the NBO app.
- Tap on “Feeling Delighted.”
- The wheel screen will appear.
- Tap the “Spin” button at the bottom of the screen.
- The wheel will rotate and randomly stop on a category.

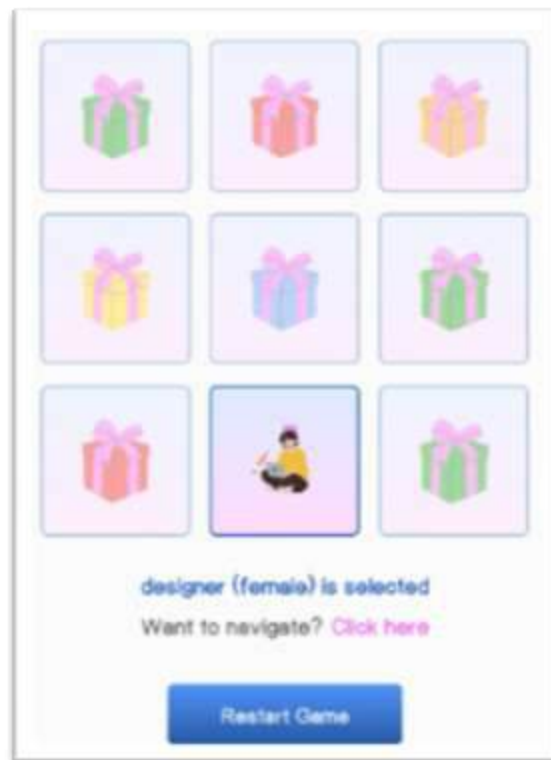
Purpose of the Game

- Encourage positive mental health habits
- Provide quick access to wellness resources
- Engage users through interactive content
- Collect Users preferences and feedback

Discover Following

This screen is part of the game module in the Nurse Burnout (NBO) application. The game is designed to help users learn stress-management techniques in an interactive and engaging way.

In this activity, users can select different characters or persons within the game. Each selected character represents a specific wellness activity or coping strategy related to burnout management.



Purpose of the Game

- Interactive stress relief through game-based activities
- Engagement and motivation in burnout recovery
- Mindfulness practice in a simple and enjoyable format
- Regular participation in self-care exercises

Knowledge Quest

The activity is designed to help nurses recognize and practice stress-reduction techniques that can support feelings of burnout awareness and promote improved wellness.

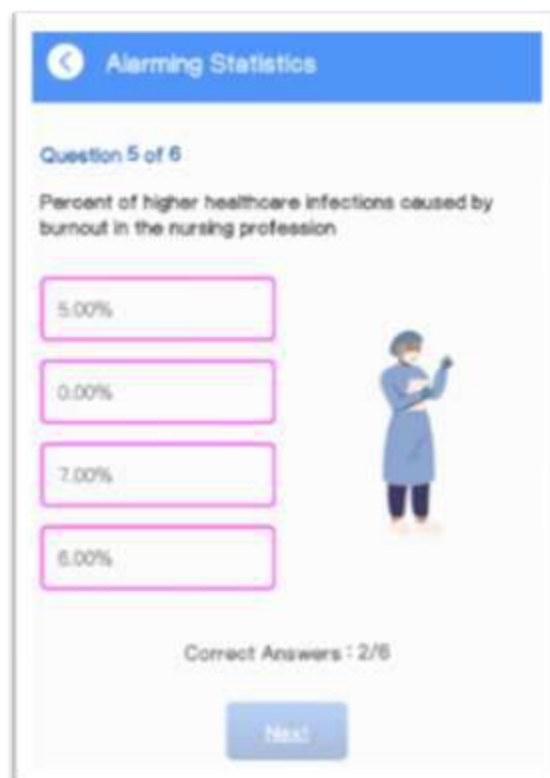
Purpose in a Nurse Burnout Guide

This game demonstrates how interactive learning can support nurse wellbeing by encouraging:

- Stress awareness
- Emotional regulation
- Mindfulness
- Healthy coping mechanisms
- Mental reset techniques during demanding shifts

Alarming Statistics

This screen shows a quiz-based learning activity within the nurse burnout awareness game. The purpose of the activity is to educate players about the real-world impact of burnout in healthcare settings through statistics and knowledge checks.

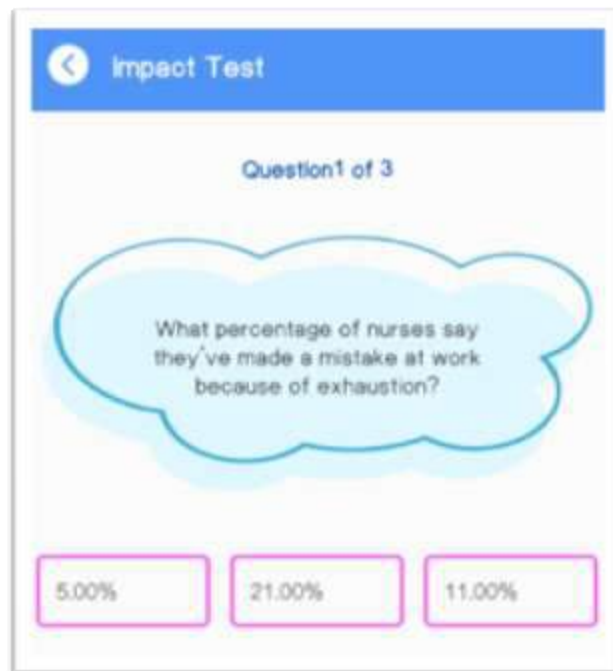


Impact Test

The Impact Test is an interactive quiz within the Nurse Burnout (NBO) application. This feature helps educate users about the effects and consequences of nurse burnout through short, knowledge-based questions.

The purpose of the Impact Test

- Increase awareness of burnout within the nursing profession
- Help users understand how stress and exhaustion can affect performance and patient care
- Encourage reflection on workplace challenges, personal well-being, and professional resilience



NBO Wizard

The NBO Wizard is an intelligent engagement feature designed to help users remain active and consistently manage burnout throughout the day.

When a user logs into the NBO app, the Wizard monitors activity levels in the background. If no activity is recorded for two hours or longer, the NBO Wizard automatically recommends a wellness activity and provides a built-in timer to help the user complete it.

The goal of this feature is to encourage small, positive actions that may help reduce stress and negative energy. After completing a recommended activity, users can record their progress and reduce their negative energy score by 1% within the app.



Secure Login

The Secure Login feature provides an additional layer of security to help protect users' NBO accounts and personal wellness information.

When enabled, users must complete an additional verification step before accessing the application. Available verification methods depend on the security features supported by the user's device.

Supported authentication methods may include:

- Facial Recognition – Uses the device camera to verify identity
- PIN or Passcode – Requires entry of a secure numerical code
- Biometric Authentication – Uses fingerprint recognition or other supported biometric technologies

About us

The About Us section provides an overview of the mission and vision behind the NBO platform. It explains the platform's goal of promoting wellness, reducing negative energy, and helping users achieve a healthier balance in their personal and professional lives.

The platform is designed to help users track activities, monitor progress, and stay motivated through personalized insights, educational resources, and community engagement.

Credits

The Credits section recognizes the individuals and teams who contributed to the design, development, research, and content creation of the platform. Their combined efforts help deliver a positive, engaging, and effective user experience focused on supporting overall wellness.

Terms and Conditions

The Terms and Conditions section outlines the rules, responsibilities, and guidelines for using the NBO platform. It describes acceptable use, user obligations, and important limitations related to the services provided by the application.

By using the platform, users agree to comply with these terms, which are intended to maintain a safe, respectful, and supportive environment for all members.

Privacy Policy

The Privacy Policy explains how user information is collected, used, stored, and protected. It describes the measures taken to safeguard personal information, wellness-related data, and activity records.

The NBO platform is committed to protecting user privacy while providing personalized insights, recommendations, and wellness support features.

Settings

The Settings section allows users to customize their application experience according to their preferences. Users can update personal information, manage notification settings, enable security features, and configure other options that enhance usability and support their wellness journey.

These settings help users personalize the platform while maintaining control over their account preferences and privacy options.

Disclaimer

The Nurse Burnout (NBO) App is intended solely for educational, informational, self-reflection, and wellness support purposes. The information, activities, assessments, trends, scores, and recommendations provided within the application are not medical advice, psychological counseling, psychiatric treatment, clinical diagnosis, or professional healthcare services.

Use of the application does not establish a healthcare provider-patient relationship. Users should seek assistance from qualified healthcare, mental health, or counseling professionals regarding any medical, emotional, psychological, or workplace concerns.

In the event of a medical emergency, mental health crisis, or thoughts of self-harm, contact emergency services or a qualified healthcare professional immediately