

To Prepare:

- Review the information presented in the Learning Resources for using the Walden Library, searching the databases, and evaluating online resources.
- Begin searching for a peer-reviewed article that pertains to your practice area and interests you.

Post the following:

Using proper APA formatting, cite the peer-reviewed article you selected that pertains to your practice area and is of particular interest to you and identify the database that you used to search for the article. Explain any difficulties you experienced while searching for this article. Would this database be useful to your colleagues? Explain why or why not. Would you recommend this database? Explain why or why not.

Respond to at least **two** of your colleagues' posts by offering suggestions/strategies for working with this database from your own experience, or offering ideas for using alternative resources.

I reviewed the article “Moral Resilience Reduces Levels of Quiet Quitting, Job Burnout, and Turnover Intention among Nurses: Evidence in the Post-COVID-19 Era” by Galanis et al. (2024), which emphasizes moral resilience as a protective factor against burnout, turnover, and disengagement. This research is especially relevant to nursing practice, as high burnout rates continue to threaten workforce stability and patient care quality (Shah et al., 2021).

I found this article through the EBSCOhost database via CINAHL. One challenge I faced was filtering search results, as broad keywords like “nurse burnout” initially gave thousands of results. By refining my search to “moral resilience AND quiet quitting,” I was able to find peer-reviewed studies most relevant to my practice. This database is very valuable to colleagues because it offers access to comprehensive nursing and allied health literature, advanced search tools, and peer-reviewed evidence crucial for clinical decision-making. While it may be difficult for those less familiar with database searching to navigate, the benefits of high-quality access outweigh these challenges.

Building moral resilience is especially crucial in today’s nursing