
BURNOUT SYNDROME IN HEALTHCARE WORKERS

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Abstract

Introduction: Burnout is a psychosomatic syndrome found in jobs associated with excessive and prolonged exposure to stress, something often present in healthcare. Symptoms of burnout are depression, anxiety, low job satisfaction and reduced job loyalty. There are three subcomponents of the burnout syndrome: emotional exhaustion, depersonalization and reduced personal accomplishment.

Objective: To make a systematic representation of studies on the prevalence and association of burnout syndrome with increased exposure to stress in healthcare workers, published before October 1, 2018.

Methods: Research of Medline/PubMed for studies on prevalence and factors associated with burnout syndrome among healthcare workers.

Discussion: Maslach Burnout Inventory is the most commonly used questionnaire in burnout syndrome studies. International studies show that the prevalence estimates on overall burnout is 67% (122/182). Concerning subcomponents, emotional exhaustion was present in 72% (131/182) of all cases, depersonalization in 68.1% (124/182) and reduced personal accomplishment in 63.2% (115/182). Study in Croatia has shown the following: emotional exhaustion in 43.6% (125/286), depersonalization in 33.5% (96/286) and reduced personal accomplishment in 49.1% (140/286) of all cases. A significantly large percentage of burnout syndrome prevalence was found among HIV/AIDS healthcare providers, especially in the subcomponents of emotional exhaustion and depersonalization. Burnout syndrome was also detected in Emergency Medicine, Gynecology, Neurology and Pediatric Intensive Care workers. Burnout syndrome can reduce the quality and increase the overall cost of patient care.

Conclusion: Burnout syndrome prevention strategies would effectively reduce prevalence and ensure better healthcare for healthcare workers.

Key words: burnout, prevalence, stress, healthcare workers

POTREBA FITNESS NARUKVICA ZA PRAĆENJE AKTIVNOSTI U BOLESNIKA S KRONIČNOM BOLI - PREDNOSTI I OGRANIČENJA

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Sažetak

Uvod: Tehnologija se sve više koristi za promicanje tjelesne aktivnosti (TA) i smanjenje sjedilačkog načina života u općoj populaciji, no upotreba nosive tehnologije u bolesnika s kroničnom boli (KB) još uvijek je rijetka. KB je globalni zdravstveni problem koji pogađa petinu svjetske populacije, s neizmjernim negativnim utjecajem na sve aspekte života bolesnika. TA je presudna za poboljšanje kvalitete života bolesnika s KB, no dugoročni ciljevi povećanja TA ipak uvelike ovise o percepciji boli, stvarnom ili predviđenom pogoršanju boli i nedostatku samopouzdanja za vrijeme TA. Ova studija želi utvrditi učinkovitost, motivacijske mogućnosti i ograničenja *Fitbit 2* fitness narukvice koja je korištena