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Prevalence and Factors associated with Burnout Syndrome among Employees of Emergency Treatment Units at selected Teaching Hospitals in Sri Lanka

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Objective: Burnout Syndrome consists of depersonalisation, reduced personal accomplishment and emotional exhaustion. It was shown that among the health care workers those who work in the Emergency Treatment units (ETU) are more prone to be affected by the Burnout Syndrome during their employment period. This study was aim to determine the prevalence and factors associated with Burnout Syndrome among employees of three ETU in Sri Lanka.

Method: A cross-sectional survey was conducted in three ETUs. The data were collected using a self-administered questionnaire developed incorporating Copenhagen Burnout Inventory (CBI), demographical data, general health related questions, and factors which may reduce burnout as perceived by workers.

Results: A convenience sample was collected from 167 participants composed of 78 medical officers (46.7%), 66 nurses (39.5%), 23 health care assistants (13.8%). The mean personal burnout, work related burnout and client related burnout was respectively 37.1, 37.3 and 33.5. The prevalence of overall burnout 54 (32.3%). There was no significant difference between the overall burnout level of workers in different ETUs.

Conclusion: The results of our study show that ETU healthcare workers are a vulnerable group for burnout and more than 30% of staff suffer from burnout and more than 75% of staff were in stress. Preventive approaches to burnout are needed to promote quality of work life.

Key words: Burnout Syndrome, Emergency Treatment units, Prevalence