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Burnout among Doctors and Nurses at the University of Uyo Teaching Hospital, South -South, Nigeria: A comparative study

Épuisement professionnel chez les médecins et les infirmières du Centre hospitalier universitaire de l'Université d'Uyo, dans le sud-sud du Nigeria : Une étude comparative

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ABSTRACT

BACKGROUND: Burnout remains a crucial occupational health challenge to healthcare professionals given its immediate and remote harmful effects. Doctors and nurses are highly susceptible to burnout due to the essence and demands of their services. The study aimed to determine and compare the prevalence of burnout among doctors and nurses working at the University of Uyo Teaching Hospital, Southern Nigeria.

MATERIALS AND METHODS: A comparative, cross-sectional study of 553 doctors and nurses was conducted using a stratified random sampling technique. A pretested, self-administered MBI - Human Services Survey for Medical Personnel - MBI-HSS (MP) was used for data collection and analysis using IBM Statistical Product and Service Solutions (SPSS) software version 23. The Chi-square and Fisher's exact tests were applied with a statistical significance level set at $\alpha < 0.05$.

RESULTS: The mean ages for doctors and nurses were 37.1 ± 5.3 and 39.0 ± 9.2 respectively ($p = 0.003$). Burnout prevalence among doctors was 9.7% compared to 5.5% among nurses ($p = 0.062$). Out of 553 respondents, 247 (46.7%) had high emotional exhaustion (EE), 70 (12.7%) had high depersonalization (DP), and 342 (61.9%) had low personal accomplishments (PA). Furthermore, 132 (47.3%) doctors had high EE, 43 (15.4%) had high DP and 159 (57%) had low PA. While 115 (42%) nurses had high EE, 27 (9.9%) had high DP and 183 (66.8%) had a low PA ($p = 0.041$). Excessive workload ($p = 0.042$) and lengthy years spent in a workplace position ($p = 0.002$) were significantly associated with burnout among doctors compared to family size ($p = 0.045$) and workplace support or community ($p = 0.005$) among nurses.

CONCLUSION: The study found burnout prevalence to be higher among doctors than nurses. Work-related factors contributed significantly to burnout development. Recreating and/or modifying workplace environments is essential to mitigating the adverse effects of burnout among healthcare workers. **WAJM 2023; 40(10); 1096-1106.**

Keywords: burnout emotional exhaustion, depersonalization, personal accomplishment, doctors, nurses, tertiary hospital, Uyo, Nigeria

RÉSUMÉ

CONTEXTE: Le burnout demeure un défi crucial pour la santé au travail des professionnels de la santé compte tenu de ses effets immédiats et à distance. Les médecins et les infirmières sont hautement susceptibles au burnout en raison de la nature et des exigences de leurs services. L'étude visait à établir et à comparer la prévalence du burnout parmi les médecins et les infirmières travaillant à l'Hôpital Universitaire de Uyo, dans le sud du Nigeria.

MATÉRIEL ET MÉTHODES: Une étude comparative et transversale a été menée auprès de 553 médecins et infirmières à l'aide d'une technique d'échantillonnage aléatoire stratifié. Une enquête préalablement testée, auto-administrée, l'Inventaire d'épuisement professionnel humain pour le personnel médical (MBI-HSS [MP]), a été utilisée pour la collecte et l'analyse des données à l'aide du logiciel IBM Statistical Product and Service Solutions (SPSS) version 23. Les tests du Chi carré et de Fisher ont été appliqués avec un seuil de signification statistique fixé à $\alpha < 0,05$.

RÉSULTATS: Les âges moyens des médecins et des infirmières étaient de $37,1 \pm 5,3$ et $39,0 \pm 9,2$ respectivement ($p = 0,003$). La prévalence de l'épuisement professionnel parmi les médecins était de 9,7 % par rapport à 5,5 % parmi les infirmières ($p = 0,062$). Sur les 553 répondants, 247 (46,7 %) présentaient un épuisement émotionnel élevé (EE), 70 (12,7 %) présentaient une dépersonnalisation élevée (DP) et 342 (61,9 %) présentaient un faible accomplissement personnel (PA). De plus, 132 (47,3 %) médecins avaient un EE élevé, 43 (15,4 %) avaient une DP élevée et 159 (57 %) avaient un PA faible. Tandis que 115 (42 %) infirmières avaient un EE élevé, 27 (9,9 %) avaient une DP élevée et 183 (66,8 %) avaient un PA faible ($p = 0,041$). Une charge de travail excessive ($p = 0,042$) et de nombreuses années passées à un poste de travail ($p = 0,002$) étaient significativement associées à l'épuisement professionnel parmi les médecins, par rapport à la taille de la famille ($p = 0,045$) et au soutien au travail ou à la communauté ($p = 0,005$) parmi les infirmières.

CONCLUSION: L'étude a révélé une prévalence plus élevée du burnout parmi les médecins que parmi les infirmières. Les facteurs liés au travail ont contribué de manière significative au développement du burnout. Recréer ou modifier les environnements de travail est essentiel pour atténuer les effets néfastes du burnout chez les travailleurs de la santé. **WAJM 2023; 40(10); 1096-1106.**

Mots-clés: épuisement professionnel, épuisement émotionnel, dépersonnalisation, accomplissement personnel, médecins, infirmières, hôpital Universitaire, Uyo, Nigeria

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DP - Depersonalization, EE - Emotional Exhaustion, HREC - Health Research Ethical Committee, MBI - Maslach Burnout Inventory, MBI-HSS (MP) - Maslach Burnout Inventory - Human Service Survey for Medical Personnel, PA - Personal Accomplishment, USD - United States of America Dollar, UUTH - University of Uyo Teaching Hospital, WHO - World Health Organization