



## TITLE: Burnout: Analysis and Intervention on a medical community

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### ABSTRACT (upto 300 words)

**Introduction:** Burnout is a psychological syndrome, characterized by a state of high emotional exhaustion, high depersonalization and low personal accomplishment, highly prevalent in healthcare professionals. However, there is still an increasing resistance in evaluating the mental status of the medical staff at a local level, as well as, regarding the implementation of effective measures that could help to heal and prevent the healthcare teams.

**Material and Methods:** Burnout in medical professionals belonging to two health centers in the center of Portugal was assessed with the Maslach Burnout Inventory - Human Services Survey, using a zero (never) to six (always) ordinal scale, on a sample of 22 family medicine specialist or residents with mean age of 38.9 year (SD = 12.2). Independent questions have been added to the questionnaire in order to understand if the participants have previously seek any kind of mental health support.

**Results:** Analysis of MBI-HSS scores, revealed moderate to high levels of emotional exhaustion (M=71%), moderate to high levels of depersonalization (57.2%), despite also showing high levels of personal accomplishment (86%). No significant association was observed between specialists and residents (\* $r^2$  = 0.04).

Among the participants, work was considered the main life stress event. A third of the group admitted have already experienced psychotherapy (33.3%), and 52.4% have already taken psychotropic medication at any point of their lives, with 14.3% and 38.5% doing it in the two years prior respectively.

**Discussion/Conclusions:** Burnout syndrome is frequent in our medical community, being associated with a poor working conditions perception. Although physicians still report a high level of personal accomplishment, they experience it at a cost of emotional exhaustion and depersonalization, raising the risk of medical error. Results suggest the need for intervention at both global and local level, as requisites for a good professional practice and personal well-being.



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