Assessment of the Prevalence of Emotional Burnout Among Medical Workers in the Republic of Kazakhstan

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OBJECTIVES: To study the prevalence of professional burnout among doctors of various specialties in the Republic of Kazakhstan

METHODS: Cross-sectional study; validated Maslach Burnout Inventory questionnaire (adapted version in Russian) was used. A total of 586 completed questionnaires were collected. The questionnaire has three scales: "emotional exhaustion", "depersonalization", "reduction of personal achievements". The greater the sum of points on the first and second scales separately, the more pronounced aspects of "burnout" are in the subject. The lower score on the third scale means lower level of professional "burnout"

Emotional exhaustion Personal accomplishment Depersonalization •I feel emotionally exhausted • I'm not really interested in what • I have become because of my work is going on with many of my more callous to people since I colleagues •I feel worn out at the end of a started have working day •Being in direct contact with doing this job people at work is too stressful • I feel tired as soon as I get up in •I'm afraid that • I find it easy to build a relaxed the morning and see a new my work makes working day stretched out in front atmosphere in my working emotionally environment of me harder • I feel stimulated when I • I can easily understand the actions • I feel full of of my colleagues/supervisors working closely with my energy colleagues • I get the feeling that I treat some • I feel frustrated • I have achieved many rewarding clients/colleagues impersonally, by my work as if they were objects objectives in my work • I get the feeling • Working with people the whole • I feel as if I'm at my wits' end that I work too day is stressful for me •In my work I am very relaxed hard people's when dealing with emotional •I deal with other problems successfully problems •I have the feeling that my • I feel burned out because of my colleagues blame me for some of work their problems • I feel that I influence other people positively through my work **30 12 40** Dangero Dangero Attention Attention Correct Dangerous Attention Correct Correct us US

RESULTS: A total of 428 questionnaires were analyzed in the year. All of the students surveyed had no prior knowledge of TBL and never participated in such events.



The final index of professional burnout was 73 points, which also corresponds to the average values. The significance of the differences between the test values for groups of surgical specialties and groups of therapeutic specialties was calculated, p value was < 0.044, which is within the significant statistical significance of differences for these variables.

CONCLUSIONS: Thus, the study showed that the distribution of doctor's assessments of the level of emotional exhaustion is shifted to the high level area, which increases the likelihood of medical errors, emotional dissatisfaction with activities, and increases the overall level of anxiety and depression

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