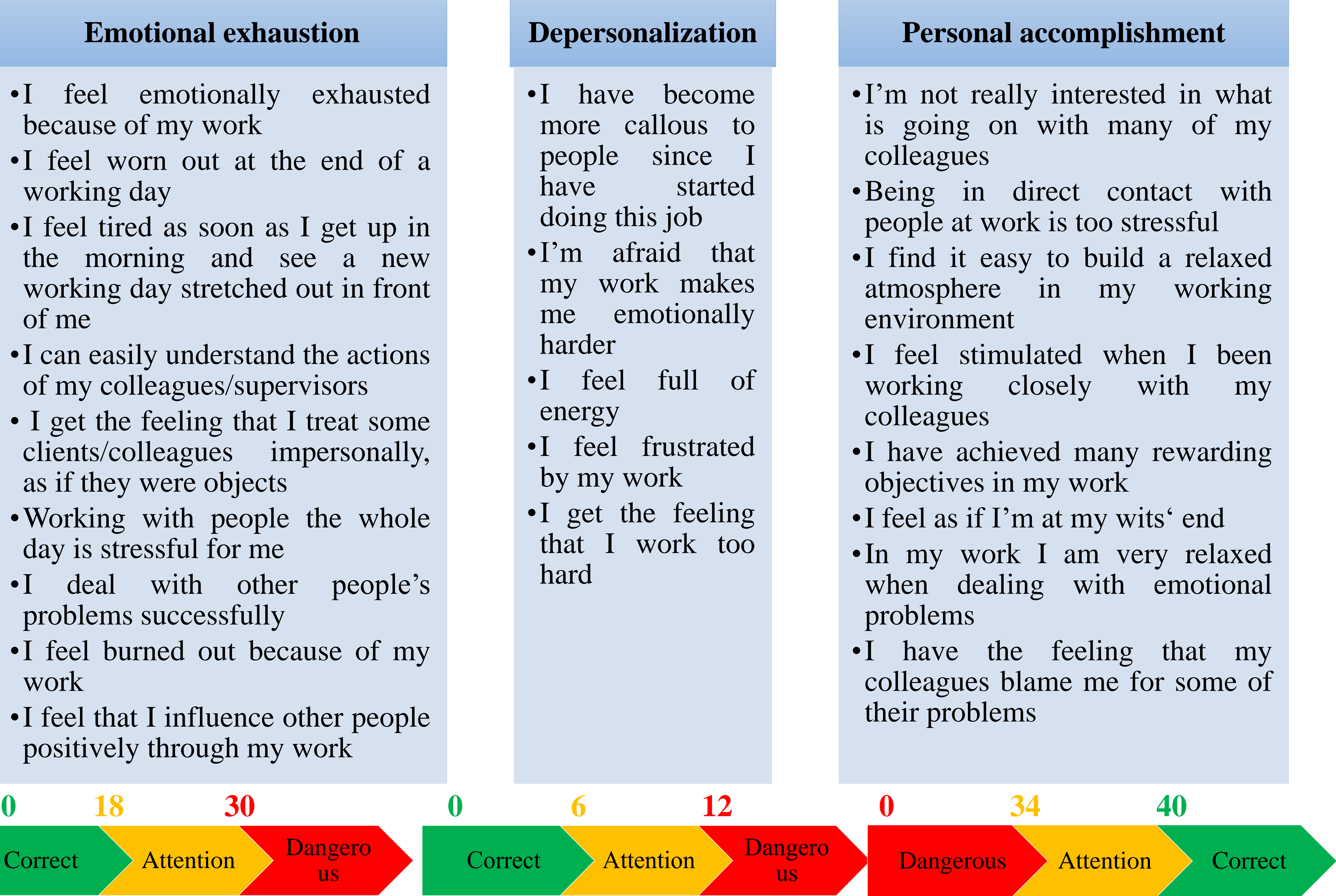


Assessment of the Prevalence of Emotional Burnout Among Medical Workers in the Republic of Kazakhstan

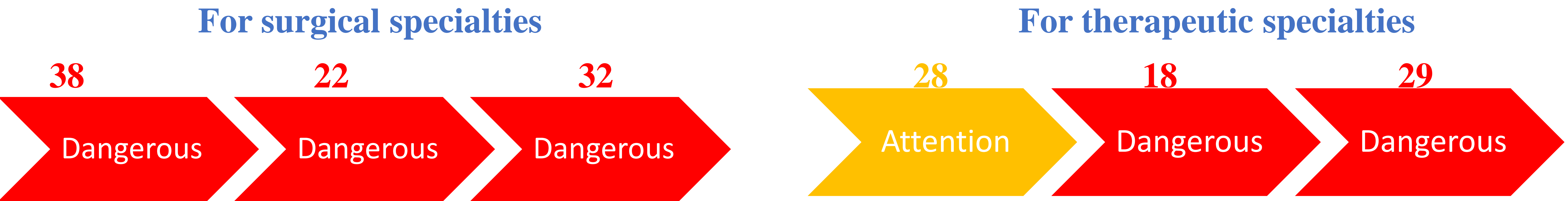
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OBJECTIVES: To study the prevalence of professional burnout among doctors of various specialties in the Republic of Kazakhstan

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"



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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