

A study on burnout :

Among health care workers of COVID care units in Sri Lanka

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Introduction

Since the declaration of COVID 19, health care workers (HCW) in many folds were affected with anxiety, depression and stress. Psychological stress among HCW measured in terms of burnout provide valuable evidence to initiate support services in COVID care settings. Though the health system of Sri Lanka (SL) is overwhelmingly burdened by the disease little is known about the psychological issues of HCW in the country.

Our objective was to evaluate the presence of burnout and to identify factors associated with burnout among HCW attached to selected COVID 19 treatment centers in SL.

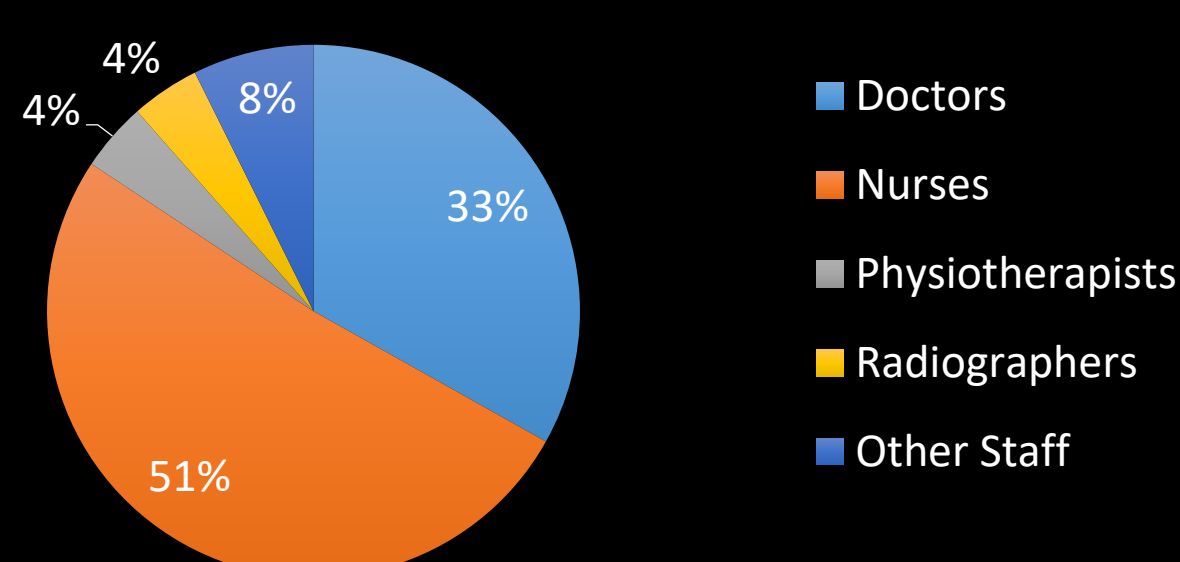
Methodology

A descriptive cross-sectional study was conducted in eight selected COVID care settings in SL. Data from HCW dealing with COVID care were collected using a validated form. Burnout was assessed using the Copenhagen Burnout Inventory with 0-100 scale. A score above 50 is considered as the presence of burnout. Some selected factors associated with burnout was tested with Z test and chi square test.

Results

There were 473 responded, out of which 63% of HCW worked in intensive care units. Majority were females (72.5%) and between 21 to 40 years. Eighty percent of HCW had no co-morbidities and 91.8% of them were vaccinated against COVID 19.

Figure1 :Categories of HCW



Results

The overall prevalence of burnout was 70.6% while the prevalence of personal related, work related and client related burnout were 61.5%, 75% and 71.2% respectively.

Mean burnout score was significantly higher among nurses compared to other service categories (p=0.0033) and female compared to male workers (p=0.014)

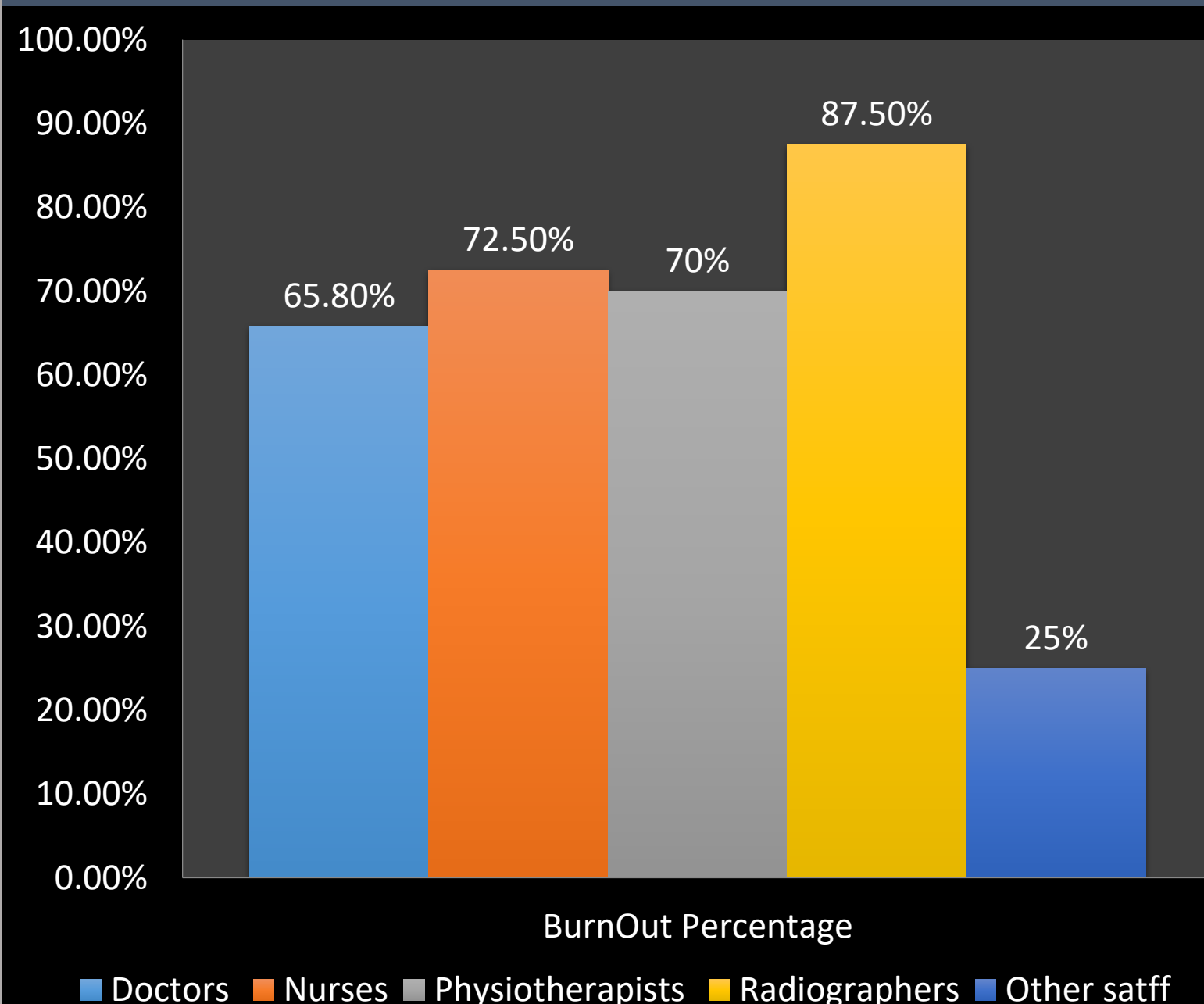


Figure 2: Burnout % among HCW

Conclusion

High prevalence of burnout is evident among all categories of HCW in COVID care settings in SL. Establishment of necessary support services prioritizing nurses and administrative interventions are recommended.

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No conflicts of Interest