

Evaluation of Burnout among Nurses Working in a First Level Trauma Center

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Abstract

Introduction: Burnout can affect the quality of personal, family and professional life of people and is considered as a serious problem. Different working wards is one of the effective factors of burnout in nurses.

Objective: To investigate burnout among nurses working in different wards of a first level trauma center.

Materials and Methods: This is a cross-sectional study in 2012. The sample size included 214 nurses working in different wards of the first level Poursina Hospital in Rasht city. Two questionnaires of demographic information and Maslach were distributed among nurses which contain 3 dimensions of emotional exhaustion (9 items), depersonalization (5 items) and reduced personal accomplishment (8 items). All three dimensions were measured based on frequency and intensity. Data were analyzed using SPSS 18 and non-parametrical Kruskal–Walli test with significance level of P=0.05.

Results: This is a cross-sectional study performed in 2012. The sample included 214 nurses working in different wards of the first level Poursina Hospital in Rasht city. Two questionnaires of demographic information and Maslach were distributed among nurses, consisting of 3 dimensions of emotional exhaustion (9 items), depersonalization (5 items) and reduced personal accomplishment (8 items). All three dimensions were measured based on frequency and intensity.

Conclusion: This study showed that nurses have high burnout in reduced personal accomplishment, compared to other dimensions based on frequency and intensity, and managers can reduce burnout in nurses by effective interventions and promoting motivation

Conflict of interest: non declared

Keywords: Burnout, Professional/ Nursing Staff, Hospital