

Professional Exhaustion or "burn Out" Among Doctors in Training

K. Medhaffar¹, I. Feki¹, R. Feki¹, I. Baati¹, J. Masmoudi¹, A. Jaoua¹

¹Psychiatry "A" department, Hédi Chaker University Hospital, Sfax, Tunisia

Introduction: Burn out is defined as a syndrome of physical and emotional fatigue, which leads to a negative self-perception and negative attitudes at work. It affects particularly caregivers, because they are in tune with the suffering, misery, misfortune, sickness and death.

Objective: The objective of our study was to assess the degree of burnout among medical interns.

Method: This was a cross-sectional study, which studied a population of 40 interns engaged in Hedi Chaker Hospital in Sfax.

To assess burnout, we used a psychometric tool: the Maslach Burn-out Inventory (MBI).

With each intern we collected sociodemographic variables (sex, age, marital status, spouse's occupation, number of children), the parameters concerning the occupation (specialty, professional grade, number of hours per week, number of guards per month ...), the causes of exhaustion, and if there were consequences.

Results:

The average age of interns was 28 years 4 months. They were married in 47.5% of cases and 52.5% in single cases.

The results of the MBI:

- A high level of emotional exhaustion was found in 37.5% of interns, 40% had moderate levels of emotional exhaustion and 22.5% had a low score of emotional exhaustion.
- The "dehumanization of the relationship," was high in 25%, moderate in 20% of doctors, and 55% spared them.
- Personal achievement was high in 25% of doctors, moderate in 35% and poor in 40% of them.

Conclusion:

Once recognized, the burnout syndrome among medical interns requires concrete actions focusing on their professional lives and their privacy ones.