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Evaluation of Professional Anxiety and Stress Among medical and Paramedical Staff in Anaesthesia Department

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INTRODUCTION: Stress is one of major growing mental problems among highly educated professionals and it should not be ignored as it can cause many other health issues.

OBJECTIVES: Assess the level of stress and anxiety among anesthesia staff and identify various stress factors.

METHODS: Cross-sectional study, including 54 participants (16 medical staff and 38 paramedics) working in an anesthesia department. Data collection was performed using a form comprising: socio-demographic characteristics, Karasek questionnaire for the assessment of occupational stress and Hamilton scale for measuring anxiety.

RESULTS:

Mean number of years of work 16.2. Psychiatric history reported in 13%.

Factors considered as generators of stress: important requirements 74.1%, fear of medical error 44.4%, low number of the staff 68.5% and harmful environment 72.2%.

Karasek questionnaire:mean scale of decision latitude 69 points, psychological demands 23.9 and social support 19.6.

42.6% were 'active", 40.7% were in 'high job strain", 13% estimated 'passive" and 3.7% were in 'low job strain". 38.9% were in 'isostrain" situation.

The mean Hamilton scale 17.7 points, psychic anxiety 9 and somatic anxiety 8.7.

Anxiety was mild in 61.1% of cases, moderate 16.7% and severe 22.2%.

Hamilton scale was positively correlated to: age *(p=0.019)*, number of years of work *(p=0.003)* and psychiatric follow-up care *(p=0.022)*.

CONCLUSION: Anesthesia is a specialty in which the practitioner is often confronted by stressful situations, leading to a state of stress and emotional exhaustion. If this situation is poorly managed, it can cause a burnout. Hence, a better understanding of these stressful situations is a priority.