Prevalence of Burnout Syndrome Among Surgical Resuscitation Staff at the CHU Sylvanus Olympio (Togo)

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Introduction Burn out or burnout syndrome is a state of emotional exhaustion, depersonalisation of relationships to other, and decreased performance in response to chronic occupational stress.

Methods This is a descriptive and analytical cross-sectional study carried out among the practitioners of all the resuscitation departments of the CHU Sylvanus Olympio in Lomé. The caregivers were divided into 11 physicians, 9 medical interns, 7 senior anaesthesia technicians, 1 resuscitation therapist. 35 (44.30%) had a high level of emotional exhaustion. Burn out was found in 69.60% of caregivers, of whom 17 (21.50%) had a moderate burnout and 3 (3.80%), a high level of burn out. The causes significantly related to the occurrence of burn out were: lack of resources (diagnostic and therapeutic tools) (p=0.00006), reduced staff size (p=0.00004), poor organisation of the service (p=0.00004).

Discussion In our study, the prevalence of burnout was 69.60% of the nursing staff. In Morocco, AOUNTI Lotfi found in 2014 that 79.10% of caregivers working in the resuscitation departments of the anaesthesia resuscitation department of the CHU Hassan II in Fez were burning out.