

BURNOUT AND ITS ASSOCIATED FACTORS AMONG HEALTHCARE PROVIDERS IN GOVERNMENT HEALTH CLINIC IN KUANTAN, PAHANG DURING COVID 19 PANDEMIC



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INTRODUCTION

- Burnout is defined as psychological syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment that can occur among individuals who work with other people in some capacity, especially in demanding job like healthcare professionals¹.
- High level of burnout among healthcare providers has been associated with decreased work efficiency².
- The aim of this study was to identify the extent of burnout among them and to identify its associated factors.

METHODOLOGY

- In this cross sectional study, healthcare providers consist of doctors, nurses, medical assistants and pharmacists in all government health clinics in Kuantan, Pahang were studied.
- Oldenburg Burnout Inventory was used for this study which consists of 9 questions.

RESULT

- A total of 332 respondents were included.
- Mean age was 37.25 years, and 85.5% were females.
- Majority were Malay, constituted of 97% of them.
- Among them, 56% were nurses, 23% were doctors, 12% were medical assistants and 9% were pharmacists.
- This study revealed 29.5%, which was 98 of the respondents had burnout.
- There was a significance association between burnout and being a doctor and perception of underpaid with the p-value of <0.001 and 0.037 respectively.

Figure 1: Prevalence of burnout

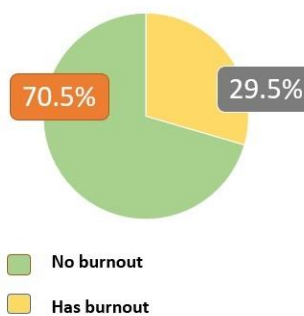


Table 1: Baseline characteristic of respondents

Variables	n (332)	%
GENDER		
Male	48	14.5
Female	284	85.5
RACE		
Malay	322	97.0
Non Malay	10	3.0
POSITION		
-Doctors	75	23.0
-Medical Assisstant	40	12.0
-Nurses	186	56.0
-Pharmacist	31	9.0

Table 2: Multiple Logistic Regression analysis of factors associated with burnout

Variables	Wald	AOR	95% CI	p-values
AGE				
	1.14	0.97	0.92 – 1.03	0.286
CHILDREN				
No children	1			
Has children	0.28	0.80	0.35 – 1.84	0.597
POSITION				
Doctor (Reference)	1			< 0.001
Nurses	16.95	0.24	0.12 – 0.48	<0.001
MA	1.28	0.62	0.28 – 1.41	0.257
Pharmacists	2.20	0.50	0.20 – 1.25	0.138
PERCEPTION OF UNDERPAID				
No (Reference)	1			
Yes	4.35	1.85	1.04 – 3.31	0.037
YEARS OF SERVICES				
< 5 years (Reference)	1			
≥ 5years	0.02	1.07	0.41 – 2.80	0.888

DISCUSSION

- In this study we found that the respondents were mostly female, in the middle age group.
- Nurses were the dominant post in government health clinic in Kuantan.
- Almost 3 out of 10 respondents had burnout and significantly associated with the perception of underpaid and being a doctor.
- Stress management training, especially among doctors, could help them to deal with the strain more effectively.
- It showed that enough payment to the healthcare providers can help to improve their burnout level. Especially in the era of covid 19 pandemic, the extra payment given to the healthcare providers should be proportionate with the high workload.

CONCLUSION

- The prevalence of burnout among healthcare providers in this study is lower compared with the previous studies.
- However, it is not a negligible number for us.
- Ameliorating burnout among them should be a key priority for a sustainable care of the patients during the pandemic.

References:

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- 2) Hall LH, Johnson J, Watt I, Tsipa A, O'Connor DB (2016) Healthcare Staff Wellbeing, Burnout, and Patient Safety: A Systematic Review. PLoS ONE 11(7): e0159015. doi:10.1371/journal.pone.0159015
- 3) Roslan NS, Yusoff MSB, Asrenee AR, Morgan K. Burnout Prevalence and Its Associated Factors among Malaysian Healthcare Workers during COVID-19 Pandemic: An Embedded Mixed-Method Study. *Healthcare*. 2021; 9(1):90. https://doi.org/10.3390/healthcare9010090

CERTIFICATE OF APPRECIATION

This certificate is awarded to

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for your participation in poster presentation and contribution for your research project entitled

"Prevalence Of Burnout And Its Associated Factors Among Healthcare Providers In Government Health Clinic In Kuantan, Pahang During Covid 19 Pandemic."

9th APPCRC: POSTER PRESENTATION

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P2 Abstract Title:
Prevalence of burnout and its associated factors among healthcare providers in government health clinic in Kuantan, Pahang during Covid 19 pandemic.

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