



THE 'BURN-OUT' SYNDROME RELATED TO STUDENTS WITH MEDICAL SPECIALTIES

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ABSTRACT

The concept of "Burn-out" was introduced in 1974 by the American psychiatrist Herbert Froydenberger and is associated with negative consequences professional overload. The main aspect of this syndrome is the increased sense of intellectual, emotional, and physiological distress. Observed positions related to working with people (patients / clients). Medical professionals adhere to strict standards in their work and spend huge amount of physical and emotional energy and cognitive resources. Students with medical specialties are part of the health care team caring for patients in the same way and are subject to occupational stress. **For this purpose** of this study is to reveal the extent of burnout among students in medical specialties.

Tasks: 1. Through methods of research to determine whether or not there is a syndrome of professional burnout among students in medical specialties during their training

2. To reveal the relationship Burn-out syndrome respondents and their motivation

3. Specify applicable adaptive mechanisms preventing and overcoming syndrome among students

The study is educational - practical and clinical work with students medical specialties

Under study are 120 students from the Department of Nursing at Trakia University in Stara Zagora specialty nurses and midwives. In the academic year 2013/2014 school year they were interviewed anonymously seen frontally interviewed after mathematical and statistical processing of the obtained information and data analysis were structured few main medical students in majors after the first year of study detected initial symptoms syndrome of professional exhaustion, which is a serious problem to solve; initial burnout among students demotivating influence them in clinical work; stands is a clear need for preventive measures to protect students from burn-out; preferred by students adaptive mechanisms to deal with stress as an expression of Burn-out syndrome are: expressing feelings of "work", a job in a familiar team stirred outlines the schedule for the visit of the clinical database.

Key words: medical environment, burnout, students with medical specialties

The concept of "Burn-out" was introduced in 1974 by the American psychiatrist Herbert Froydenberger. It is associated with the negative consequences of the professional overload. The main aspect of this syndrome is the increased sense of intellectual, emotional, and physiological distress. It is observed with professions related to working with people (patients / clients).

The specificity of the syndrome has to be distinguished from conditions such as stress, depression, mental violence. It is connected not only with job satisfaction, but also with the dreams of the individual and his ability to set realistic goals consistent with real-owned properties. Some authors describe the syndrome as a state of complete physiological, emotional and mental exhaustion. It is expressed in chronic fatigue, feelings of helplessness and hopelessness. The people who suffer from it develop a negative perception towards themselves and a negative attitude to work. Medical professionals adhere to strict standards

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in their work and spend huge amount of physical and emotional energy and cognitive resources. The work overload gradually passes into an absorbing phase of exhaustion: the threat is reduced endurance, growing emotional instability, inability to relax combined with inclination to get quickly ill and the result of all is exhaustion and real weakness. The final phase is characterized by resignation, discouragement, low threshold of frustration, resentment and lack of faith in their own abilities.

Students with medical specialties are part of the health care team caring for patients in the same way and are subject to occupational stress. For this purpose of this study is to reveal the extent of burnout among students in medical specialties.

Tasks:

1.Through methods of research to determine whether or not there is a syndrome of professional burnout among students in medical specialties during their training

2.To reveal the relationship Burn-out syndrome respondents and their motivation

3.Specify applicable adaptive mechanisms to prevent and overcome the syndrome incinerated among students

Subject of research is educational and practical clinical work with medical specialties

The subject of the research is a group of 120 students from the Department of Nursing at Trakia University in Stara Zagora with specialty nurses and midwives. In the academic year 2013/2014 school year they were interviewed anonymously, then observed and frontally interviewed.

Analysis of obtained information :

In order to obtain the necessary information a questionnaire was designed to be completed by the students after the first training courses in nursing and midwifery. It contains 10 questions. Their formulation and the respondents' answers are presented in the **Table 1**.

Table 1.

Questions	<u>Nurse</u>		<u>Midwife</u>		Total
	yes	no	yes	no	
<i>Do you feel reduced ability to work during the practical exercises?</i>	45	15	51	9	120
<i>Do you experience emotional exhaustion during practical work with patients?</i>	30	30	0	60	120
<i>Do you often perceive negative attitudes at work with patients?</i>	51	9	6	54	120
<i>Have you ever experienced disinterest during practical work?</i>	15	45	0	60	120
<i>Do you often change your behavior at work?</i>	27	33	15	45	120
<i>In what percent do you assess your labor load during practical work?</i>	60%		20%		40%
<i>Do you feel emotionally exhausted at the end of your academic day?</i>	36	24	18	42	120
<i>Do you feel energetic and lively while working with patients?</i>	54	6	60	0	120
<i>Do you feel the positive impact of your work on the others?</i>	60	0	60	0	120
<i>Do you think you have the 'burn-out' Syndrome?</i>	45	15	18	42	120

When attending seminars, 81% of students feel reduced ability to work, which extremely high percentage is showing tiredness and real-world personal prerequisites for not making good practices. Only 19% of them feel in good condition and capable of working during the

practical exercises. When dealing with patients, only 25 % of respondents have a sense of emotional exhaustion and 75% do not feel emotionally charged when performing their basic care. And here it should be noted that these 75% of students in specialty midwife count for 50%,

i.e. at the time they did not detect emotional exhaustion, which can be connected to the service from their contingent. Favorable is the fact that 88 % of surveyed students show interest in the practical work, and here the percentages allocated 38% for specialty nurse and midwife for 50%. Energetic and vibrant feel 95% of the students in their work with patients and only 5% of them are not in that position. The last question in the questionnaire takes you to your burnout syndrome. Respondents have almost equal percentage - 53% Yes and No - 47%. They provide suggestions for avoiding early inclusion in the syndrome which is a direct reference to their practice in a hospital setting. It should be borne in mind that it is implemented in the transition and reconstruction hospital based in Stara Zagora. In their recommendations to avoid this syndrome is:

- ✓ creating of opportunity to express feelings of 'work' place - freely share their problems and views on the proper course of their clinical practice
- ✓ Work in a familiar team – medical turnover of the staff from one hospital to another and migration of the medical students create difficulties in adapting to the work environment in the hospital
- ✓ flexible outlines of the schedule for the visit of the clinical facilities available - attendance is consistent with the number of patients and care for them in the division

Proposals made by the respondents have to take into account and have to comply with them. It is

necessary to recognize their rationality. This will reduce disincentives for students with medical specialties for practical activity. All respondents - 100 % feel the positive impact of their work on others.

After mathematical and statistical processing of the obtained information and data analysis were structured several major conclusions:

- the students with medical specialties after the first year of study have initial signs of professional exhaustion syndrome, which is a serious problem to solve;
- initial burnout among students influence them in they clinical work;
- there is a clear need for preventive measures to protect students from 'burn-out' Syndrome;
- preferred by students are the adaptive mechanisms to deal with stress: expressing their feelings during their work, a job in a familiar team and flexible outlines of the schedule for the visit of the clinical database.

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