ID: 1081

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Title: Measuring levels of work pressure on staff at hospitals in Mashhad and determine its relationship with clinical staff burnout

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Abstract: Background: Today, one of the major factors in decreased efficiency and loss of human resources, staff burnout. This problem in addition to physical adverse effects, adverse effects also carry numerous psychological and especially helpful in the professions of including health personnel due to the stressful nature of the jobs created are more burnout.

Methods: In this descriptive - analytical study sample included 660 clinical staff working in hospitals composed under the Mashhad University of Medical Sciences, which used stratified, cluster and Khrbh stage are chosen randomly. Data analysis by SPSS computer software was done. Results: Results showed that 25.3 percent of subjects were male and 74.7 percent 16.5 percent of the women were single and 83.5 per cent were married too. In terms of education, school education 6.1 percent, 17.1 percent of high school, 15 percent high school diploma, 55.2 percent BA, MA 0.6 percent, 3.6 percent and 2.4 percent of doctoral professionals have the PhD. in terms of work time, 25.3 percent work in the morning, Srkar 1.5 percent, 11.7 percent and 61.5 percent of Shbkar shifts have been in circulation. Results Staff also showed 91.2 percent and 67.1 percent of high self-esteem also have had high social support. The results showed in relation to the frequency of the three dimensions of burnout: 6.38 percent prevalence of low levels of employee emotional exhaustion, 58 percent of low levels of depersonalization and frequency of 62.9 percent prevalence of low levels of personal adequacy were reported. Results showed significant correlation between the variables of emotional exhaustion and depersonalization feel with the variable rate was at work, so that once staff have experience working with more depersonalization and emotional exhaustion have also reported more. (P <0.05 .) findings also indicate the existence of a significant relationship between personal variables and adequacy of the existing workload, so that people who have experienced moderate Barkary of personal adequacy have been higher. (p <0.05).

Conclusion: Overall the staff burnout in emotional exhaustion and depersonalization after low and low for the next person is adequate. Barkary rate on the other hand, employees were higher than average. These results indicate that this is a higher rate workload adequacy of private health care workers has been reduced.

Key words: burnout levels - health care workers - work pressure levels - Educational hospital

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