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The prevalence of burnout and its associated factors among general surgeons and surgical specialists in Kuwait Ministry of Health hospitals

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Introduction & Aim: Workplace burnout is defined as a syndrome of Emotional Exhaustion (EE), Depersonalization (DP), and low Personal Accomplishment (PA). This study aimed to assess the prevalence of burnout among general surgeons and surgical specialists in Kuwait and identify the factors associated with it.

Methods: Burnout was assessed using the Maslach Burnout Inventory, which defines burnout as having a high score of EE or DP, or a low score of PA with severe burnout involving all. The associations between burnout or severe burnout with sociodemographic and occupational characteristics were assessed using multivariate binary logistic regression to adjust for potential confounders.

Results: The prevalence of burnout and severe burnout was found to be 76.9% and 13.9%, respectively. After adjustment, burnout was associated with young age (AOR 2.2 [1.2, 4.0]), high number of on-calls (AOR 2.6 [1.1-6.3]); and low income (AOR 1.9 [1.02, 3.44]). The most common stressors were less family time (68.7%), verbal assault from patients (66%), case overload (64%) and high-risk cases (62.8%).

Conclusion: The prevalence of burnout among surgeons in Kuwait MOH hospitals is high. These findings should be used to implement interventions that can reduce burnout in this population.

Biography

Amr Abdelkarim is the sixth year medical student under the Faculty of Medicine at Kuwait University, Kuwait.

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