

STOPA BURNOUT SINDROMA KOD LEKARA U SEKUNDARNIM ZDRAVSTVENIM USTANOVAMA TOKOM PANDEMIJE COVID-19

RATE OF BURNOUT SYNDROME AMONG DOCTORS IN SECONDARY HEALTHCARE INSTITUTIONS DURING THE COVID-19 PANDEMIC

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SAŽETAK

Uvod: Sindrom sagorevanja na poslu sve je prisutniji među lekarima, posebno zbog visokog nivoa stresa i odgovornosti koji prate njihovu profesiju. Iako često ne prepoznaju sebe kao ranjive, lekari su izloženi brojnim psihičkim smetnjama, što je dodatno pogoršano pandemijom COVID-19. U Srbiji su prethodne studije pokazale visoku prevalenciju sindroma sagorevanja među zdravstvenim radnicima, a infekcija virusom COVID-19 dodatno je doprinela povećanju njegovog prisustva. Sindrom sagorevanja na poslu negativno utiče na lekare, pacijente i zdravstveni sistem, a isti je povezan sa povećanim brojem medicinskih grešaka.

Cilj rada: Cilj našeg istraživanja bio je da se ispita prisutnost sindroma sagorevanja među specijalistima i lekarima opšte medicine u sekundarnim zdravstvenim ustanovama tokom pandemije COVID-19.

Materijal i metode: Istraživanje je sprovedeno kao studija preseka u periodu od jula do avgusta 2020. godine. Učestvovao je 71 lekar (22 muškarca i 49 žena), podeljenih u dve grupe: specijalisti (n=45) i lekari opšte medicine (n=26). Upitnik se sastojao od tri dela: sociodemografski podaci (pol, starost, bračni i roditeljski status, radni staž), skala DASS-21 za procenu depresije, anksioznosti i stresa, i srpska verzija Maslach Burnout Inventory - HSS, koja meri sagorevanje kroz emotivnu iscrpljenost, depersonalizaciju i smanjenu ličnu profesionalnu ostvarenost.

Rezultati: Na osnovu Mann-Whitney testa, utvrđena je statistički značajna razlika između specijalista i lekara opšte medicine u dimenzijama emotivne iscrpljenosti (p=0,018) i depersonalizacije (p=0,029), dok razlika u ličnoj profesionalnoj ostvarenosti nije bila značajna (p=0,304). Takođe, na DASS-21 skali primećene su značajne razlike u stresu (p=0,004) i anksioznosti (p=0,012), dok za depresiju nije bilo razlike (p=0,211), osim kod teških oblika, gde su lekari opšte medicine bili značajno više pogođeni (p=0,015).

Zaključak: Tokom pandemije COVID-19, lekari opšte medicine bili su podložniji stresu, anksioznosti i sindromu sagorevanja. Preporučuje se rana institucionalna i kolegijalna podrška, kao i razvoj onlajn edukativnih programa koji bi smanjili stres i poboljšali mentalno zdravlje lekara.

Gljučne reči: burnout, stress, anksioznost, depresija

ABSTRACT

Introduction: Burnout syndrome has become a significant occupational issue among healthcare professionals, especially during the COVID-19 pandemic. Doctors are continuously exposed to high levels of stress, responsibility, and emotional pressure. Although they often do not perceive themselves as vulnerable, these conditions can lead to emotional exhaustion, depersonalization, and reduced professional accomplishment. The pandemic has only intensified these challenges, affecting both personal well-being and the quality of patient care.

Objective: The aim of this study was to evaluate the presence and severity of burnout syndrome among specialists and general practitioners working in secondary healthcare institutions during the COVID-19 pandemic.

Methods: This cross-sectional study was conducted between July and August 2020 and included 71 doctors (22 men and 49 women). Participants were divided into two groups: 45 specialists and 26 general practitioners. A three-part questionnaire was used: sociodemographic data (gender, age, marital and parental status, years of experience), the DASS-21 scale to measure depression, anxiety, and stress levels, and the Serbian version of the Maslach Burnout Inventory - HSS, assessing emotional exhaustion, depersonalization, and personal accomplishment.

Results: General practitioners reported significantly higher levels of emotional exhaustion (p=0.018) and depersonalization (p=0.029) than specialists. They also experienced significantly more stress (p=0.004) and anxiety (p=0.012), while no significant difference was observed in depression overall (p=0.211), except in severe cases, which were more frequent among general practitioners (p=0.015). The difference in personal accomplishment between the two groups was not statistically significant (p=0.304).

Conclusion: During the COVID-19 pandemic, general practitioners in secondary healthcare institutions were more affected by stress, anxiety, and burnout than specialists. These findings highlight the need for early psychological support, institutional interventions, and accessible online mental health programs to help reduce stress and preserve the mental well-being of healthcare professionals.

Key words: burnout, stress, anxiety, depression