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CHARACTERISTIC FEATURES OF THE EMOTIONAL BURNOUT SYNDROME IN OBSTETRICIANS-GYNECOLOGISTS

Relevance: The quality of medical care directly depends on the health status of medical service providers. Over the past decades, the health status of medical workers has been associated with various occupational pathogenic factors. It is the object of attention and active study. Burnout syndrome is one of the most pressing problems of our time. According to the statistics from the World Health Organization, depressive disorders are in the first place among psychosomatic diseases. World Health Organization considers burnout syndrome at work as the main cause of depression.

Purpose: To study the prevalence, severity and main features of symptoms of professional burnout in obstetricians and gynecologists, using a web-survey method based on the questionnaire “Maslach Burnout Inventory” (MBI), modified by N.E.Vodop'janova.

Results: In modern scientific literature burnout is defined as a syndrome that develops against the background of chronic stress and leads to depletion of a person's emotional, energy and personal resources. The clinical manifestations of occupational stress, as defined by Maslach and Jackson, include the following components, as emotional exhaustion, consisting in a decrease in the emotional background with a predominance of negative emotions, difficulties in experiencing

vivid emotions. A person directly connects this state with his own work. According to the results of the survey, it was found that a high level of emotional burnout was typical for 66% of respondents, an average level for 26%, and a low level for 8%.

The next characteristic symptom is depersonalization - cold, insensitive, inhumane attitude towards the patient, considering her as an organism, an object of action, and not a human being. According to this index, the distribution of respondents was approximately the same for the three assessment levels, with a slight predominance of a low level of severity.

As for the last estimated indicator - the reduction of professional achievements - we can note a slight predominance of medium and high levels of severity among the respondents (42 and 36%, respectively). This feature is characterized by devaluation of their professional experience, a sense of their own incompetence, professional failure, and lack of prospects.

It has been shown that levels of work stress and depression are associated with place of work, marital status and gender. Younger people tend to burn out caused by the emotional shock they experience when faced with reality, which doesn't meet their expectations very often. It has been found that emotional exhaustion is more typical for women, and men are more likely to depersonalize their patients. It can be explained by the fact that women are more empathic, and men are more withdrawal from their patients.

The focus should be on the mental health and psychological well-being of both doctors and patients. It is known that the neglect of the doctor's needs leads to emotional fatigue, obstetric aggression, and professional burnout. And the neglect of the needs and expectations of women during pregnancy and childbirth leads to distrust of the medical community.

Overcoming and preventing emotional burnout consists in primary prevention, proper organization of work, training in techniques of relaxation and stress management skills, the possibility of using psychotherapy.

Conclusion: It was showed, that burnout syndrome is a companion of the medical profession, which is connected with impact of various occupational factors.

The problem of emotional burnout is directly related not only to the quality of life of medical personnel, but also has a direct influence on the medical care quality. To improve the psychological health of obstetricians and gynecologists, it is necessary to use psychological seminars and trainings aimed at mastering effective ways to manage stress.