

Kharkiv National
Medical University

INTERNATIONAL SCIENTIFIC INTERDISCIPLINARY CONFERENCE

of Young Scientists and Medical Students

ISIIC

25-27

May

2026

Kharkiv, Ukraine



*Where knowledge
heals and
transforms*

**Kharkiv National
Medical University**

INTERNATIONAL SCIENTIFIC INTERDISCIPLINARY CONFERENCE

of Young Scientists and Medical Students










25-27

May

2026

Kharkiv, Ukraine



SECTION		PAGE
	Dentistry and Maxillofacial Surgery	4
	Infectious Diseases, Epidemiology, Dermatology	33
	Internal Medicine	64
	Neurosciences	160
	Obstetrics and Gynecology	187
	Pediatrics and Neonatology	236
	Preventive Medicine, Current Issues in Nursing	255
	Surgery and Traumatology	286
	Theoretical and Experimental Medicine	328

*Where knowledge
heals and
transforms*

Sukhanova Sofiia

EMOTIONAL AND PROFESSIONAL BURNOUT OF DOCTORS IN FRONTLINE REGIONS AND ACTIVE COMBAT ZONES

Kharkiv, Ukraine

Kharkiv National Medical University

Department of General and Clinical Pathological Physiology named after D.O.
Alpern

Scientific advisor : Kuznetsova Milena

The war in Ukraine has become one of the most serious challenges not only for the civilian population but also for medical workers. Most of them have been at their workplaces since the beginning of the full-scale invasion. That is why today we face a major problem related to the professional burnout of doctors and other medical personnel, which is especially noticeable in territorial communities close to the frontline. Aim: To highlight the problem of emotional burnout among medical workers in frontline communities and active combat zones. Materials and methods: To reveal the problem of emotional professional burnout among medical workers in frontline communities, sociological and analytical research methods were used. To determine the level of burnout and emotional state, a survey and the psychoemotional eight-color Lüscher test were conducted among all representatives of the hospitals' medical staff. Results: Critical fatigue indicators: the highest average scores were recorded for the items "feeling of emptiness at the end of the working day" (2.84 out of 5) and "difficulties with restoring strength" (2.82 out of 5). This indicates a high risk of emotional burnout among the staff. Among somatic complaints, muscle pain (neck, shoulders, back — 2.71 points), insomnia (2.58 points), and headaches (2.55 points) prevailed. These symptoms are often a direct consequence of chronic stress and physical exertion. The leaders in terms of fatigue level were the following representatives of medical personnel: the highest indicators are observed in junior nurses (average score 3.03) and doctors (2.81). Determining the level of physical symptoms showed the following data: stress manifestations had a pronounced character. Thus, the most common symptoms were:

1) Muscle pain (back, neck): 2.71 points; 2) Sleep problems: 2.58 points; 3) Headaches: 2.55 points; 4) Frequent illnesses: 2.42 points. At the same time, determining trends by groups demonstrated that, for example, junior medical staff

more often report physical symptoms (average score 2.83), which may be due to a higher physical workload compared to other categories of workers. From the processed profiles of the Lüscher test, an interesting but alarming picture emerges: workers in the central/western regions choose active colors (yellow, red, green), which indicates the preservation of vital energy. The rejection of brown and black colors to the last positions indicates the absence of acute physical exhaustion (in contrast to frontline zones).

Conclusions: Thus, it was established that there is a high level of pronounced emotional burnout syndrome among medical workers in frontline territories (Izium, Barvinkove, Kharkiv), which is manifested by a high level of subjective mental and physical fatigue, as well as a feeling of emptiness after the working day.

