

Vol. 12 (4): 65-70 (2022)

BURNOUT RATE IN HEALTH PROFESSIONALS DURING COVID PANDEMIC-19

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Received May 2022; Accepted June 2022; Published July 2022;

DOI: <https://doi.org/10.31407/ijeess12.408>

ABSTRACT

Introduction: Burnout is defined as a state of physical, emotional and mental fatigue that results from long-term involvement in work situations that require great intensity for work. According to Maslach burnout is a multidimensional syndrome that includes emotional fatigue, depersonalization, and diminished sense of personal accomplishment. Purpose: Is to determine the degree of burnout at work of health care workers caring for patients with COVID-19 at the Gjakova Regional Hospital. Methodology: The working method used is a quantitative method. Most are the health workers - nurses and doctors during the Covid-19 pandemic. The work is carried out at the General Hospital of Gjakova. The instrument for data collection is the questionnaire Burnout Inventory from Maslach. Results: the research found that the burnout rate at work among health careworkers at the regional hospital was high. The level of emotional fatigue is found in 42.9% of health workers. The main source of stress identified by workers was overwork and coping with a patient infected with Covid-19. The level of depression was high at 54.3% and the level of personal results was low at 85.7%. Chi-square analysis for emotional fatigue (p .228), depersonalization(p .456), and personal success (p .346) with the question of whether you have contact with people with Covid-19 has no significant value. Also the Chi- square analysis for emotional fatigue (p .635), depersonalization (p .193) and personal success (p .199) with the question of whether you have been infected with Covid-19 has no significant value. Conclusion: The high level of burnout in health workers should be monitored in order to identify individuals who require great care and support.

Keywords: burnout, healthworkers, Covid 19 pandemic.