



Burnout syndrome

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History

- The term «Burnout syndrome» was first introduced by Herbert Freudenberg in 1974;
- Burnout syndrome-the state associated with emotional exhaustion;
- Burnout syndrome resembles of chronic fatigue;
- Workaholics are more prone to this state, they have a strong sense of responsibility.







A person with burnout syndrome experiences :



- An acute reluctance to go to work;



- He has frequent headaches, heart problems;



- He constantly feels inner tension.



The definition by Maslach



Reduced personal accomplishment

Burnout syndrome

Depersonalization

Emotional exhaustion



The burnout syndrome is related to the work of a person

- This condition occurs when a person does not have an emotional discharge ;
- The reason for professional burnout is the need to take care of the neighbor ;
- The syndrome of professional burnout affects people whose work is connected people.



«The everyday work of NURSES»

Studies have shown that **nurses** working in hospitals are at the **highest risk of burnout because:**

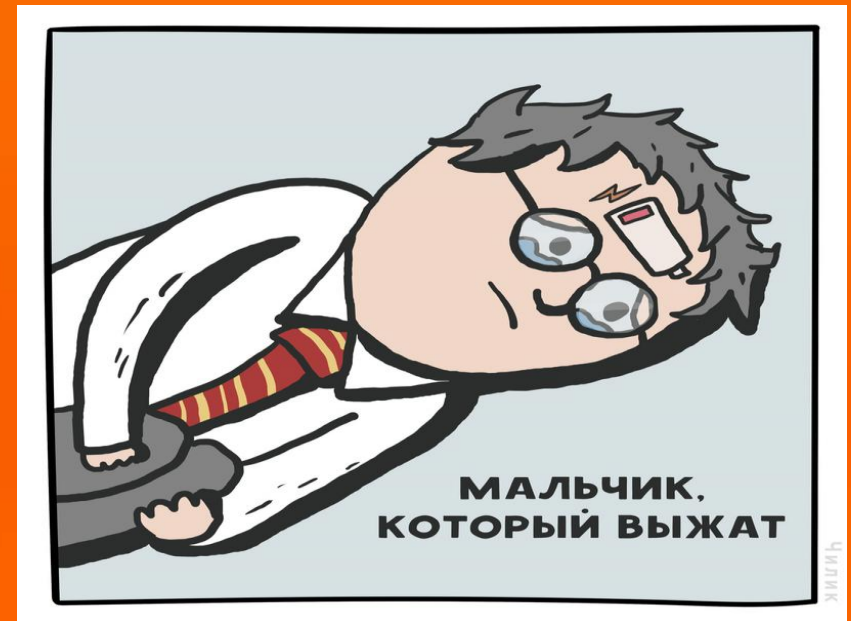
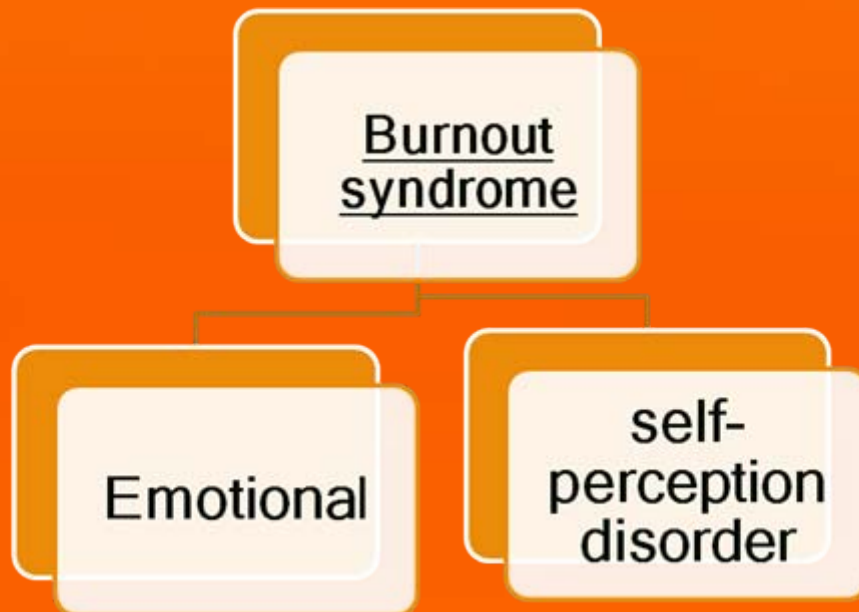
- The **high demands** of patients;
- **Possible hazards** in nursing care;
- The **constant fear of error** in medicine administration;
- The **heavy workload** or time pressure;
- The **lack of respect** from the public;






how to determine that you have burnout syndrome:

- ✓ For the diagnosis of burnout syndrome in humans, in 1986 a test was developed that allows to determine the degree of burnout.
- ✓ Burnout syndrome has two factors for determining exhaustion:





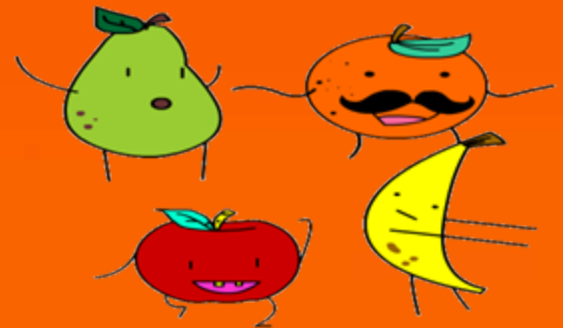
There are 5 main manifestations that are characteristic of the syndrome of emotional burnout:

- 1) Physical - fatigue, fatigue, sleep disturbance, deterioration of general well-being, increased pressure, inflammation on the skin;
- 2) Emotional - cynical attitude, pessimism, scarcity of emotions, manifestation of callousness;
- 3) Behavioral - lack of appetite, attacks of aggression, frequent "shirking" from work;
- 4) Intellectual - new ideas and theories in the work process do not cause interest and former enthusiasm;
- 5) Social - the reduction of social activity, loss of interest in their hobbies.



Treatment of burnout syndrome:

- 1) The burnout syndrome must be treated as soon as its first signs appear:
 - a) First of all, it is necessary to determine what gives joy and what contributes to joyful, happy moments in life.
- 2) Regular exercise helps to get rid of negative experiences;
- 3) At work, people need to determine your priorities and correctly calculate your strengths;
- 4) Control your emotions.



Prevention of burnout syndrome:

- If possible, correctly calculate and distribute loads;
- Be able to switch attention ;
- To relate more easily to emerging labor conflicts ;

