

Abstract

Burnout is common amongst medical personnel. Therefore, it has become a subject of interest in the field of healthcare. Nursing is one of the vulnerable professions in healthcare.

The objective of this study was to ,find out first if burnout exists in nursing officers of Provincial General Hospital Badulla, next to find out the correlation between burnout and socio-demographic factors, finally to find out the correlation of burnout with work-related factors.

The study was hospital based cross-sectional descriptive.

A sample population of 355 (n=355) nursing officers were selected through a stratified random sampling method from a total of 626 nursing officers at PGHB. The sample represented all the units and sections of the hospital.

The Copenhagen Burnout Inventory was used as the tool to measure burnout in three factors, personal burnout, work-related burnout and client (patient) burnout.

The analysis of socio-demographic factors revealed that there was an association between burnout and the level of education. The higher the education ,the higher was the level of burnout (95% CL; ANOVA p=0.025). There was an association between having children and burnout. Not having children meant having a higher burnout (95% CL; p=0.001). Nursing officers who were unmarried ,had a higher burnout (95% CL; ANOVA p=0.021). The perception of a poor personal health had a higher burnout (95% CL;ANOVA p=0.000). Officers who didn't have their own house had a higher burnout compared to those who did (95% CL ; ANOVA p= 0.000).

The analysis of work- related factors revealed that, nursing officers who worked in surgical units had a higher burnout (95% CL;A NOVA p=0.026). Nurses who belonged to service grade III had a higher burnout (95% CL;ANOVA p=0.003). High burnout was present in nurses who had to do a shift duty in another unit during the past six months (95% CL; p=0.032).Nurses who perceived that the number of nurses working in the unit was not adequate had a higher burnout (95% CL; ANOVA p = 0.023).

A multisectoral, pluralistic approach is needed to address nurse burnout.