

## SYNOPSIS

**Background:** COVID-19 infection affects the wellbeing of Nursing Officers (NOs) as they are directly involved with the management of COVID-19 infected patients

**Objective:** To assess the burnout and selected factors associated with it among NOs working at Colombo South Teaching Hospital (CSTH) during the Covid-19 pandemic.

**Methods:** A descriptive cross-sectional study was conducted in CSTH among all Grade II NOs. The study instrument was a self-administered questionnaire. The Burnout of NOs was measured by using the validated Copenhagen Burnout Inventory. The data was collected by the principal investigator. Key Informant Interviews (KII) were conducted with the Hospital Director and Matrons of CSTH to obtain the details related to prevention of burnout of NOs. The sample size was calculated as 386 and it was proportionately distributed among COVID management Units. Ethical and administrative permission was obtained before collection of data.

**Results:** The mean total burnout score was 40.1(SD 13.1). The mean score of personal, work-related and client related burnout scores were 46.3 (SD=17.6), 43.3(SD= 15.9) and 30.3 (SD 14.2) respectively.

The mean burnout score was significantly associated with age in which younger Nursing Officers showed high mean burnout score. When considering the family support, the mean burnout score was significantly associated with the support received from husband for childcare and overall support received from others for

childcare. There was a strong negative correlation between the mean burnout score and perception on burden of childcare.

The mean burnout score was negatively associated with years of service as a NO. Further, extra working hours, lack of human resources and distance travelled had significant association with mean burnout score.

Also, exposure with covid-19 infected patients, special training on COVID-19, feeling COVID-19 negatively affect household activities and quality of life were also significantly associated with mean burnout score.

**Conclusions and recommendations:** The Nursing Officers who were working at CSTH during COVID-19 pandemic showed an increased mean burnout score compared to previous studies. The Personal mean burnout score was higher than the mean burnout score of Work related or Client related burnout scores.

It is recommended that Hospital Director and other relevant people consider burnout as an important issue and take necessary action to reduce the burnout of NOs.

**Key words:** Burnout, Nursing Officers, COVID-19.