

EVALUATION OF PROFESSIONAL BURNOUT LEVEL AMONG MEDICAL STAFF

Ana VÎLCOVA^{1,2} , Alexandru FERDOHLEB² , Elena CIOBANU¹ 

¹Nicolae Testemițanu State University of Medicine and Pharmacy, the Republic of Moldova

²Timofei Moșneaga Republican Clinical Hospital, the Republic of Moldova

Corresponding author: Ana Vîlcova, e-mail: ana.vilcova1@gmail.com

Introduction. Occupational health is a cornerstone of public health, focusing on the prevention of work-related diseases and the promotion of employee well-being. In the medical profession, heavy workloads, pressure, and high levels of responsibility can lead to both physical and psychological strain. Burnout syndrome is among the most common consequences of occupational stress, adversely affecting not only the health of medical personnel but also the quality of patient care. Assessing and preventing this condition is essential for preserving professional performance and emotional stability.

Purpose of the study. This study aimed to assess the level of professional burnout among medical staff using the Maslach Burnout Inventory (MBI) questionnaire, as well as to determine the extent of emotional exhaustion, depersonalization, and personal accomplishment.

Material and methods. The study was conducted in a republican medical institution on a sample of 60 surgeons aged between 25 and 61 years (mean age 34.9 ± 0.93 years). All participants completed the Maslach Burnout Inventory (MBI), which evaluates emotional exhaustion, depersonalization, and personal accomplishment. The data were statistically analyzed to determine the level of burnout and the occupational risk factors.

Results. Participants reported a moderate level of professional burnout overall. For emotional exhaustion, 25.0% of respondents had a high level, 50.0% a medium level, and 25.0% a low level. For depersonalization, 53.3% of participants reported a low level, 45.0% a medium level, and 1.6% (one individual) a high level. Regarding reduced personal accomplishment—a dimension interpreted inversely, where a higher score indicates a more positive perception of professional efficacy—40.0% of participants had a high score, 56.6% a medium score, and 3.3% a low score, which may indicate a greater risk of professional impairment.

Conclusions. The findings revealed a significant prevalence of burnout among physicians, predominantly in the dimension of emotional exhaustion. This high prevalence may adversely affect both the well-being of staff and the quality of medical care. The low level of depersonalization suggests the maintenance of empathetic patient relationships and professional conduct. A favorable perception of personal accomplishment reflects satisfactory self-efficacy, although the high proportion of moderate scores may indicate a risk of declining job satisfaction. These results underline the need for developing and implementing effective institutional strategies to prevent occupational stress, with the aim of safeguarding the mental health and professional performance of medical personnel.

Keywords: professional burnout, occupational health, physicians, prevention, depersonalization, personal accomplishment, emotional exhaustion.