

# EVALUATION OF THE IMPACT OF WORK-RELATED STRESS ON ANESTHESIOLOGISTS AND INTENSIVE CARE PHYSICIANS

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## Introduction

- Work-related stress is a major problem for employees and society. It is the second most common work-related health problem and affects 40 millions people in the European Union.

## Purpose

- To evaluate the impact of work-related stress on anesthesiologists and ICU physicians.

## Material and methods

- A total of 80 physicians working in 4 university clinics in Chișinău participated in the study.
- Work-related stress was assessed using the 12-item General Health Questionnaire (GHQ-12). The cut-off point 3 was used to determine the respondents' work-related stress.
- Statistical analysis were done using Fisher's exact test.

## Results

33 (41%) anesthesiologists and intensive care physicians suffered from work-related stress. They more frequently experienced anxiety (p=0.030), irritability (p=0.023), insomnia (p=0.005), headaches (p=0.039), fatigue (p<0.001), palpitations (p=0.002), excessive sweating (p=0.007), and nausea (p=0.008). The results of our study showed that physicians suffering from work-related stress more frequently had memory problems (p=0.014), concentration problems (p<0.001), and more frequently consumed tranquilizers (p=0.026)(Fig.1).

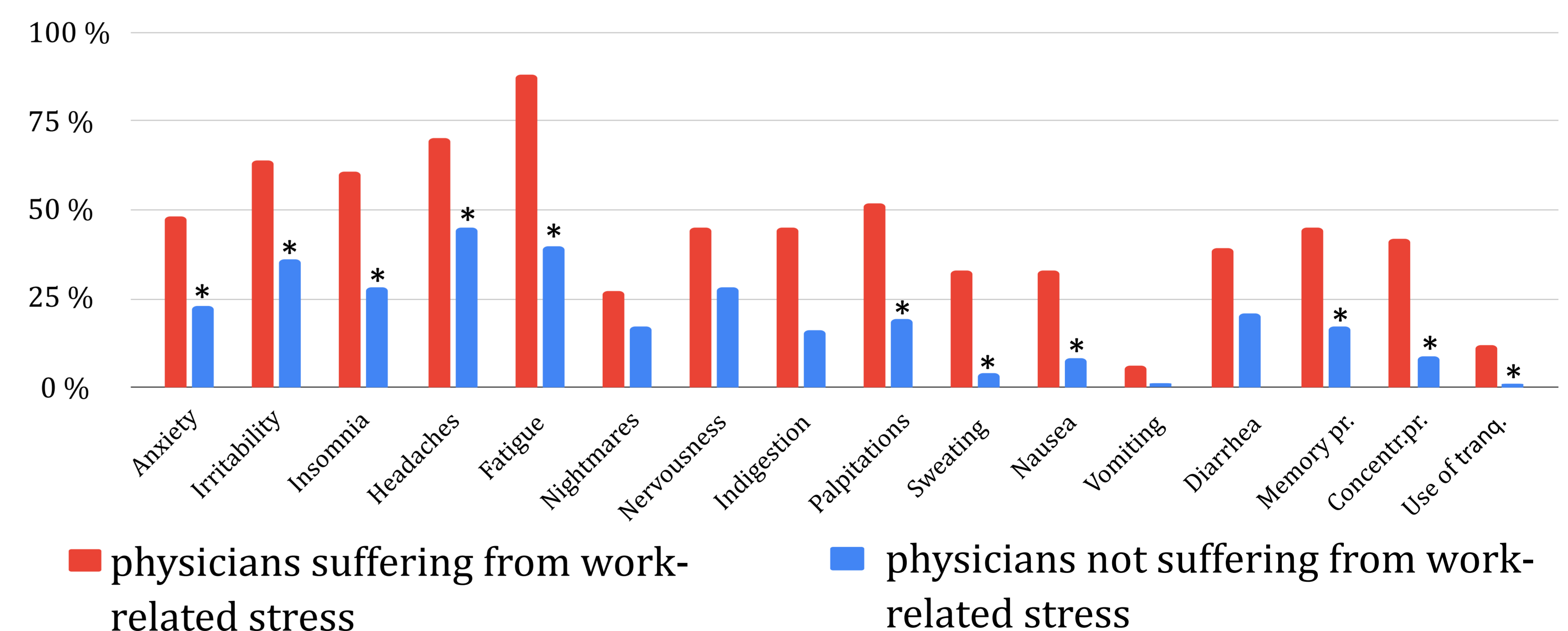


Fig.1 The impact of work-related stress on physicians.

## Conclusions

Work-related stress negatively affects anesthesiologists' and intensive care physicians' health, and it is necessary to take steps to reduce stress in the workplace.