

Comparision burnout among nurses in emergency ward in Imam Khomeini, fateme zahra and zare hospital

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Background: Nursing is such a stressful occupation and of great importance among the other types of jobs, because of its relevance to people's lives. a variety of factors are sources of stress in the workplace always. Job burnout is one of the occupational hazards. this study was conducted to evaluate burnout in emergency departments of hospitals in Sari City.

Methods: Data of nurses were collected by two-part checklist, included demographic data and Job burnout data by Maslach and Jackson checklist which contains 21 questions to assess 3 categories are: emotional exhaustion (9 items), depersonalization (5 items) and lack of personal accomplishment (8 items) in terms of frequency and severity. the frequency and intensity were scored with the Likert scale from zero to 6 and from zero to 7, respectively

Result: The highest percentage of nurses of Imam Hospital emergency (69.77%), heart center emergency (72.41%), Zare psychiatric center emergency (69.2%) and Zare burn center emergency (87.5%) were women. The highest percentage of nurses aged of Imam Hospital emergency (46.51%), heart center emergency (58.62%) and Zare psychiatric center emergency (61.5%) were between 20-30 years and Zare burn center emergency (57.1%) was between 40-50 years. the highest percentage of working experience in Imam Hospital emergency (34.88%) and heart center emergency (42.28%) were 5-9 years, Zare psychiatric center emergency (66.7%) was 1-4 years and Zare burn center was 5-9 years and 10-14 years (each was 50%). the relationship between age and depersonalization ($P=0.045$) in Imam Hospital emergency and experience with burnout ($P=0.044$) and lack of personal accomplishment ($P=0.034$) in heart center emergency were significant. the difference between hospitals in the investigation of parameters did not exist

Conclusion: There was no difference in Job burnout among hospital examined and there was no relationship between age, gender, work experience and burnout. Since Job burnout in health workers, reduced productivity, physical and psychological damage and dissatisfaction with the service, so effective recognition of the damaging effects of Job burnout in the service sector, the promotion of mental health and the quality of services provided.

Keywords: Burnout| nursing| emergency department

