

ABC of Burn Out Syndrome: Emergency Room Staff in Resource Limited Setting

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Introduction

Burnout syndrome is a complex process that will affect health care professional emotional, mental and physical activity which leads to exhaustion, low accomplishment and depersonalization [1-5]. This will end up in low personal satisfaction and increasing medical errors.

Working in the Emergency department make staff to experience stressful events because of the severity of patients illness, crowded emergency rooms, unsafe working areas, and lack of time for self and family. This will become worse in resource limited settings like Africa which are poorly equipped ,understaffed and overcrowded emergency rooms [6-8].

Risk Factors

In addition to working in busy ED time pressure, difficult communications between family and other departments, overstretched work life balance ,time pressure make Emergency staff at risk of burnout [9,10].

Different studies revealed that peoples who are competitive, high expectant ,female ,single and poor social support are more likely to develop burnout [11,12].

Clinical Presentation

Staff who develop burnout will have physical, emotional and behavioral manifestations. Some of these are headache, sleeplessness, being tired, loss of appetite, nervousness, low concentration, hopelessness and feeling of exhaustion [1,2,11,13,14].

Management of burnout -ABC of self care

The main management of burnout will be to have self-care and wellness. Self-care begins with awareness of one's own condition which means diagnosing personal effectiveness .Then next to this doing a balanced act will follow which refers to balancing the work and life [15]. Finally self-care requires connection to one's self and society. ER physicians who want to be more satisfied and content should: (1) promote wellness in their professional environment (2) maintain connections with family and friends, (3) stay fit, and (4) practice relaxation and renewal [16,17]. In conclusion ,you can only deliver best care for others as you care for yourself.

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