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THE BURNOUT SYNDROME IN HEALTH PROFESSIONALS AT A REFERRAL HOSPITAL IN RECIFE: A DESCRIPTIVE STUDY

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ABSTRACT

Introduction: The Burnout Syndrome is a persistent and negative state, related to work, characterized from three dimensions: emotional exhaustion, depersonalization and personal accomplishment. **Objectives:** To determine the frequency of Burnout Syndrome in health professionals and to characterize the socio-demographic profile of the population. **Methodology:** a descriptive study was carried out of the sectional in the period from August 2016 to October 2017. They were used as instruments: scale of the Maslach Burnout Inventory and sociodemographic questionnaire. The data collection was initiated only after approval by the Committee for Ethics in Research with Human Beings. **Results:** The sample was composed of 87 health professionals. Of these, 63 (72.41%) were female, with a mean age equal to 34.7 years of life. As regards the degree of instruction, 51 (58.66%) of the interviewees claimed to have completed post graduate school, 39 (44.83%) professionals stated they are singles and 54 (62.07%) had up to five years in the profession. Emotional Exhaustion (7.83) and Depersonalization (21.67) were in average levels and professional achievement (33.6), low level. From that, the Burnout Syndrome can be classified. **Final Considerations:** Highlights the importance of conducting further studies in order that from recent evidence, programs of prevention and treatment may be imposed.

Keywords: Burnout Syndrome, Health Professionals, Occupational Health.

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