

POSTER PRESENTATION

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Work-related experiences in intensive and palliative care units and their relation to burnout

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From ESICM LIVES 2015

Berlin, Germany. 3-7 October 2015

Introduction

Professionals working in intensive and palliative care units and caring for patients at the end of life are at risk of developing burnout. Literature shows that work-related experiences are determinant factors to develop the burnout syndrome.

Objectives

To identify which work-related experiences are significantly associated with burnout among healthcare professionals who provide end-of-life care in intensive and palliative care units in Portugal.

Methods

Multicenter quantitative, comparative study. A survey study was conducted using: The Maslach Burnout Inventory and a questionnaire including a set of work-related experiences. 355 professionals from intensive and palliative care units were included in this study. Univariate and multivariate logistic regression analyses were performed; OR sidelong with 95% of CI were calculated.

Results

Out of the 355 professionals included in this study, 27% were in burnout (this defined as being in burnout and in high risk of developing this syndrome). Univariate regression analyses showed that higher burnout levels were significantly associated with the following work-related experiences: night shifts, conflicts, decisions to withhold treatment, decisions to withdraw treatment and implementing terminal sedation. When controlling for socio-demographic and educational characteristics of the participant professionals, and for the setting (intensive vs. palliative care units), the only variable that

remained significantly associated to higher burnout levels was 'conflicts'.

Conclusions

Work-related experiences increase the risk of developing burnout among professionals who provide end-of-life care in intensive and palliative care units. Experiencing conflicts in the workplace was the most significant variable associated to higher burnout levels. These findings suggest that team-dynamics and conflict-management are paramount in the implementation of strategies and programs aiming at preventing or minimizing burnout.

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Published: 1 October 2015

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doi:10.1186/2197-425X-3-S1-A649

Cite this article as: Teixeira et al.: Work-related experiences in intensive and palliative care units and their relation to burnout. *Intensive Care Medicine Experimental* 2015 **3**(Suppl 1):A649.

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