

# Doctor are you Burned Out?! Understanding the Psychological Perspective of Occupational Stress in Health Care Professionals

Divya R<sup>1</sup>, Rajajeyakumar M<sup>2</sup>, Ashok V<sup>3</sup>

<sup>1</sup>Department of Physiology Karpagam Faculty of medical sciences and research, Coimbatore, India. (Affiliated by Dr. MGR Medical University, Chennai)

<sup>2</sup>Department of Physiology, Trichy SRM Medical College Hospital & Research Centre, Trichy, 621105. Affiliated by Dr. MGR Medical University, Chennai

<sup>3</sup>Department of Biochemistry Karpagam Faculty of medical sciences and research, Coimbatore, India. Affiliated by Dr. MGR Medical University, Chennai

\***Corresponding author:** Rajajeyakumar M, Department of Physiology, SRM Medical College Hospital & Research Centre, Trichy, MGR Medical University, Chennai, Tamil Nadu, India, Tel: +09751382650; Email: [rajakumar60@gmail.com](mailto:rajakumar60@gmail.com)

**Citation:** Rajajeyakumar M, Divya R, Ashok V (2019) Doctor are you Burned Out?! Understanding the Psychological Perspective of Occupational Stress in Health Care Professionals. Archives | Food and Nutrition | ReDelve: RD-FNU-10003.

**Received Date:** 18 April 2019; **Acceptance Date:** 22 April 2019; **Published Date:** 24 April 2019

## Burn Out Syndrome

In 1974 the famous psychologist, Freudenberg applied the term “burnout” in his research the “Staff burnout.” Later in 1976, Maslach and Jackson defined it as a psychological syndrome with three dimensions such as cynicism, exhaustion, and inefficacy. Burnout syndrome occurs as a response to prolonged stress in workplace resulting in a crushing exhaustion, emotional state of cynicism and disinterestedness in work along with a feel of ineptitude and dearth of deed without any prior history of psychological or psychiatric disorders [1].

## Physician Burnout

The qualities which are often found in individuals who are in the field of medicine and health care are self-driven, competitive, with endurance to years of zealous schooling and extraordinary expectations. Such qualities may lead to the development of burnout syndrome whose consequences rise far above the individual facing it. Among medical students, this type of burnout is projected as absenteeism. Whereas, in doctors as therapeutic errors and provision of suboptimal care to the patients [2].

## Impostor Syndrome (IS) Or Impostorism

In spite of the evidence of abilities, the individual suffers from chronic state of mind of self-doubt, believe that they are less intelligent and competent than others perceive them to be and is unable to accept the sense of accomplishment, competence, or their skill. Research suggests that among medical, dental, nursing, and pharmacy students, 30% recorded as impostors. The imposter syndrome was the stoutest forecaster of overall psychological distress among the study population [2]

## Effects of Job Burnout

## Physical Consequences

musculoskeletal pain, stress headache due to sympathetic hyperactivity, cardiovascular diseases, metabolic syndrome, dysregulation of the HPA axis, inflammation, sleep disorders, Impaired immune function leading to increased susceptibility to flu-like illnesses, respiratory infections and gastroenteritis, changes in blood coagulation, changes in fibrinolysis, and adoption of poor health behaviours, such as smoking, alcohol abuse and lack of physical activity.

## Psychological Consequences

Emotional exhaustion, concentration problems, depersonalization, demoralization, malaise-apathy, tension, ruminating, job dissatisfaction depressive symptoms, anhedonia, sense of powerlessness, emotional instability, irritability.

## Occupational Consequences

Social and economic aspects of burnout mainly focuses on absenteeism to work which may lead to forfeiture of manpower, added expenditures for employment of temporary workers and a reduction in productivity [3,4].

## Ways Out of Burn Out Syndrome

1. Professional coaching e.g., physician coaching
2. Mindfulness training
3. Cognitive-behavioral therapy [4]

## Conclusion

More studies are essential to investigate about burnout syndrome and its ill-effects on health professionals as well as general population. The individual and social impacts of burnout highpoints the necessity for preventive interferences and early detection of this health ailment in the work atmosphere.

## References

1. Lastovkova A, Carder M, Rasmussen HM, Sjoberg L, Groene GJ, et al. (2017) Burnout syndrome as an occupational disease in the European Union: an exploratory study. *Ind Health* 56(2):160-165.
2. Villwock JA, Sobin LB, Koester LA, Harris TM (2016) Impostor syndrome and burnout among American medical students: a pilot study. *Int J Med Educ* 7:364-369.
3. Salvagioni DAI, Melanda FN, Mesas AE, González AD, Gabani FL (2017) Physical, psychological and occupational consequences of job burnout: A systematic review of prospective studies. *PLoS One* 12(10): e0185781.
4. Lastovkova A, Carder M, Rasmussen HM, et al. (2017) Burnout syndrome as an occupational disease in the European Union: an exploratory study. *Ind Health* 56(2):160-165.