

Burnout Related to Hours Worked by Health Professionals and Stress at Work in COVID-19

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ABSTRACT

Objectives: To analyze how nurses' hours worked and occupational stress contribute to the development of Burnout Syndrome in times of pandemic by Covid-19.

Method: Integrative review of articles indexed in the LILACS, ScieELO, BDEF and VHL databases using DECS / MSH descriptors. The categorization adopted was as follows: "worker health", which covered the results of the descriptors "occupational stress", "quality of life" and "professional exhaustion", and "coronavirus infections".

Results: The literature search resulted in nine articles, which fully met the established selection criteria. The results obtained were in the sense that the Covid-19 pandemic had a negative impact on the health of health workers, especially those working on the front lines of combating the disease.

Conclusion: It can be concluded that there is a direct relationship between hours worked and occupational stress, contributing to the professional exhaustion of health professionals, especially those on the front lines of fighting the disease, given the duty to act to serve the population and respect for your personal needs, relating to your health.

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Introduction

SARS-CoV-2, the new coronavirus, which causes Covid-19, was initially mapped in the city of Wuhan province of Hubei, in the People's Republic of China, on December 1, 2019, with the registration of the first case of contamination. on the 31st of the same month and year. A few months later, on March 11, 2020, the World Health Organization - WHO released a report on the spread of the disease around the world, characterizing it, since then, as an ongoing pandemic [1].

Due to the severity of the disease, which can cause people to die in a short period of time, and the speed of its spread, measures were adopted in several parts of the world, including Brazil, to cope with the disease - among them, social isolation. However, for professionals in some areas considered essential services, this measure was not applied, in view of the need to continue providing services to the general population - as was the case with health professionals. However, in relation to them, an aggravating factor is verified: normally, these are workers who already live with strenuous days, which were aggravated by the pandemic and the necessary presence of these to serve the population.

Therefore, and considering the importance of the theme for public health, the following problem question was elaborated to

be answered in this article: what is the relationship established between nurses' hours worked and occupational stress for the development of Burnout in times of pandemic by Covid-19? Thus, the theme has to do with the identification of the impact of the nurse's work environment on the worker's health, specifically analyzing the construct "professional exhaustion" (Burnout Syndrome) in the pandemic by Covid-19. The general objective of the research is to analyze how nurses' hours worked and occupational stress contribute to the development of Burnout Syndrome in times of pandemic by Covid-19. Knowledge gaps are present in the identification of possible measures taken during the pandemic to avoid professional burnout.

Method

The criteria established for searching the literature included articles indexed in the LILACS, ScieELO, BDEF and BVS databases, published between 2019 and 2021, using the following DECS / MSH descriptors and their correspondents in English and Spanish: Occupational Health; Salud Laboral); Occupational Stress; Quality of Life (Quality of Life; Quality of Life); Professional Exhaustion (Burnout, Professional; Agotamiento Profesional); Coronavirus Infections (Coronavirus Infections; Coronavirus Infections).

The categorization adopted was as follows: "worker health", which covered the results of the descriptors "occupational stress", "quality of life" and "professional burnout", and "coronavirus infections".

Results

The search for articles indexed in the selected databases returned in nine articles, listed in Table 1, which summarizes its main characteristic elements:

Table 1. Selected articles

No	Author	Qualification	Target	Methods	Conclusion
1	Trumello C, Bramanti SM, Ballarotto G, Candelori C, Cerniglia L, Cimino S, et al.	Psychological Adjustment of Healthcare Workers in Italy during the COVID-19 Pandemic: Differences in Stress, Anxiety, Depression, Burnout, Secondary Trauma, and Compassion Satisfaction between Frontline and Non-Frontline Professionals	Investigate the psychological adjustment of health professionals during the peak of the COVID-19 pandemic, assessing differences according to work or not with patients affected by COVID-19 and in areas with the most severe spread of this pandemic	Levels of anxiety, depression, psychological stress and quality of professional life (satisfaction of compassion, exhaustion and fatigue of compassion) and attitudes towards psychological support were measured among 627 Italian health workers (mean age = 40.55 years; SD = 11.49; range: 27-72)	The mental health of frontline health professionals requires further consideration and what targeted prevention and intervention programs are needed
2.	Sanghare J, Pattani Na, Hashmi Ya, Warley Cuff, Cheruvu Mus, Bradley	Psychological Adjustment of Healthcare Workers in Italy during the COVID-19 Pandemic: Differences in Stress, Anxiety, Depression, Burnout, Secondary Trauma, and Compassion Satisfaction between Frontline and Non-Frontline Professionals	Determine the impact of SARS-CoV-2 on the mental health outcomes of healthcare professionals in hospitals and make recommendations for future actions	Systematic review	The SARS-CoV-2 pandemic had a significant impact on the mental health of healthcare professionals. Frontline staff have worse mental health outcomes
3.	Erquicia J, Valls L, Barja A, Gil S, Miquel J, Leal-Blanquet J, et al	Emotional impact of the Covid-19 pandemic on health workers in one of the most important sources of contagion in Europe	Analyze the emotional state of workers at Hospital Igualada (Barcelona), in front of one of the most important sources of contagion in Europe	A total of 395 participants were included in the study. The cross-sectional evaluation was carried out between the months of March and April. Information about anxiety, depression and stress was collected. We also collect demographic and potentially stressful data	The initial coping with the crisis situation associated with the Covid-19 pandemic had a significant emotional impact on the health professionals analyzed
4	Firew T, Sano ED, Lee JW, Flores S, Lang K, Salman K, et al	Protecting the front line: a cross-sectional survey analysis of the occupational factors contributing to healthcare workers' infection and psychological distress during the COVID-19 pandemic in the USA	Assess the factors that contribute to HCW infection and psychological distress during the COVID-19 pandemic in the USA	Cross-sectional survey conducted with health professionals (doctors, nurses, emergency medical technicians (EMTs), non-clinical staff) during May 2020. Participants completed a 42-item survey assessing the risk of disease transmission (clinical function, work environment, work, availability of staff	Health workers experienced significant physical and psychological risks while working during the COVID-19 pandemic. These findings highlight the urgent need for greater support for the provider's physical and mental well-being

5	Raudenská J, Steinerová V, Javurková A, Urits I, Kaye AD, Viswanath O, et al	Occupational burnout syndrome and post-traumatic stress among healthcare professionals during the novel coronavirus disease 2019 (COVID-19) pandemic	Explain the potential impact of coronavirus 2019 (COVID-19) on the mental well-being of healthcare professionals	Literature review	The status of post-Covid-19 health professionals must be carefully treated, which is why the authors described resilience-building and preventive measures with interventions that can mitigate the impact on the mental health of health professionals.
6	Johnson SU, Ebrahimi OV, Hoffart A	PTSD symptoms among health workers and public service providers during the COVID-19 outbreak	Investigate predictive factors	Cross-sectional study that collected data from 1,773 health workers and public service providers across Norway between March 31, 2020 and April 7, 2020, covering a period of time when all non-pharmacological interventions (INP) were carried out kept constant	Health professionals who work directly with patients with COVID-19 have significantly higher levels of symptoms of PTSD and depression compared to those who work indirectly
7	Giorgi G, Lecca LI, Alessio F, Finstad GL, Bondanini G, Lulli LG, et al	COVID-19-Related Mental Health Effects in the Workplace: A Narrative Review	Deepen the psychological aspects related to work factors, after the epidemic of COVID-19, in order to address the critical psychological issues emerging in the workplace	Literature review	Mental health problems related to health emergencies, such as anxiety, depression, post-traumatic stress disorder (PTSD) and sleep disorders are more likely to affect health professionals, especially those on the front lines, migrant workers and workers in contact with the public
8	Fitzpatrick K, Patterson R, Morley K, Stoltzfus J, Stankewicz H. Physician Wellness During a Pandemic	Physician Wellness During a Pandemic	Determine the effect that the COVID-19 pandemic had on the well-being of emergency doctors	Cross-sectional research-based study collected data from 1,773 health workers and public service providers across Norway between March 31, 2020 and April 7, 2020	It was observed showed a statistically significant decrease in the well-being of emergency doctors during the COVID-19 pandemic when compared to the pre-pandemic period

Source: researched articles

Discussion

In a study conducted to investigate the psychological adjustment of health professionals during the peak of the COVID-19 pandemic, evaluating differences according to the work or not with patients affected by COVID-19 and in areas with the most severe spread of this pandemic, Trumello et al observed higher levels of burnout in professionals who work with patients with the disease, highlighting the need to implement prevention and intervention programs directed towards this case [2]. In this regard, Sanghera et al point out that interventions designed to support the mental health of health professionals, especially those on the front lines of combating the disease must be based on several factors, among them, organizational factors, signaling the relationship between the work environment and the journey to professional exhaustion [3-7]. The same notes are found in Fitzpatric et al and Giorgi et al, who presented data from research conducted by them (field and literature review), demonstrating that the situation of occupational stress, observed in the first two to three weeks of coping with pandemic due to the strenuous workday, worsened over time, until they reached the point of professional exhaustion [8,9].

Conclusion

The Covid-19 pandemic negatively impacted the health of health workers, especially those working on the front lines of fighting the disease. The conclusion reached after conducting this study is that there is a direct relationship between hours worked and occupational stress, contributing to the professional exhaustion of health professionals, especially those on the front lines of fighting the disease, in the face of duty to act to serve the population and to respect their personal needs, related to their health.

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