

An-Najah National University
Faculty of Medicine and Health Sciences



GRADUATION PROJECT

**Operative experiences of medical students and surgery residents in
Palestinian hospitals: trends, challenges, and recommendations for
improvement**

Part I: Prevalence of burnout syndrome

Students

Ola Ahmad, 11541535
Afnan Al-Issawy, 11541330
Batoul Abed, 11541390

Supervisors

Ramzi Shawahna, PhD
Iyad Maqbool, MD

This graduation project is submitted in partial fulfilment of the requirements for the degree of Doctor of Medicine (MD) from the Faculty of Medicine and Health Sciences, An-Najah National University, Nablus

Abstract

Background

Residents and trainees are susceptible to burnout due to the demanding nature of their profession. The consequences of burnout include impairing the professionalism of doctors and their productivity, as well as increasing the incidence of errors. This study aimed to find out the prevalence of burnout among residents and trainees in Palestinian hospitals.

Methods

This study was conducted in a cross-sectional observational design using a questionnaire. The questionnaire collected sociodemographic characteristics of the residents and trainees to measure burnout symptoms. The Copenhagen Burnout Inventory was used to assess burnout among the surgery trainees and residents. The present study was conducted in the period between October 2020 and September 2021 to assess prevalence of burnout symptoms among residents.

Results

A total of 250 residents and trainees completed the survey. Both personal and work-related burnout were high. However, residents were not as much affected by client-related burnout. Overall, more than half (58.4%) had moderate burnout, 12.4% had high to severe burnout, and 29.2% had no burnout. Burnout symptoms were prevalent in participants who were trainees, married or had habits of smoking and frequently consuming tea and coffee. Moreover, long working hours and frequent on-calls increased the likelihood development of burnout. On the other hand, having a second job seemed to significantly decrease burnout.

Conclusion

In our study, 70.4% of responders demonstrated either moderate or high levels of burnout. Work-related factors appeared to contribute more to the occurrence of burnout rather than client-related ones. We still need future studies to investigate if any interventions could be useful in reducing burnout symptoms among residents.

Keywords: Copenhagen Burnout Inventory; burnout; residents; general surgery residents.