

Burnout among nursing officers prevalence, correlates and association with nursing performance

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To determine the prevalence of burnout and to assess nursing performance, the Maslach Burnout inventory human services survey (MBI-HSS) and the six dimension scale of nursing performance (61 scale) were validated to the Sri Lankan context for the target group. The MBI-HSS was translated to Sinhala language. The translated MBI-HSS was used as a self administered questionnaire and validated in a random sample of 191 nursing officers from the North Colombo Teaching Hospital by establishing content validity, Construct validity and criterion validity. The Six Dimension Scale of Nursing Performance was validated and was utilized to assess nursing performance . The modified Sinhala version of the Maslach Burnout Inventory- human Services survey was identified to be a valid and reliable instrument to measure overall burnout and the three dimensions of burnout. The validated cut -off point for the total score of the MBI was 32.0. At this cut off point the total score had a sensitivity of 93.3 percent and a specificity of 87.7 percent . The cut off points for the three subscales EE, DP and PA were also determined. The prevalence study was conducted in a stratified cluster sample of 1396 nursing officers employed in six teaching hospitals in Colombo. The study instrument comprised of the validated MBI-HSS and a self-administered questionnaire to assess socio- demographic information and correlated of burnout. It is concluded that burnout is an important occupational health problem among the Sri Lankan nursing officers employed in government teaching hospitals. Majority of the correlates of burnout are related to the work life of the nursing officers. The nursing performance was found to be negatively correlated with high emotional exhaustion and low personal accomplishment.