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### Burnout Syndrome in a Military Tertiary Hospital Staff during the COVID-19 Contingency

**Background:** Burnout syndrome (BOS) is defined as a psychological state of physical and mental fatigue associated with work. The COVID-19 pandemic greatly impacted the physical and mental wellbeing of health professionals. The objective of this work was to determine the impact on personnel, monitoring the frequency of BOS throughout the pandemic.

**Methods:** The Maslach Burnout Inventory (MBI) was self-applied in four periods of the pandemic according to sociodemographic and employment characteristics. In this study, all hospital personnel were included; the association of BOS with sex, age, type of participant (civilian or military), military rank and profession was analyzed.

**Results:** The frequency of BOS was 2.4% (start of the pandemic), 7.9% (peak of the first wave), 3.7% (end of the first wave) and 3.6% (peak of the third wave). Emotional exhaustion (EE) was the most affected factor and the groups most affected were men under 30 years of age, civilians, chiefs and doctors, especially undergraduate medical doctors and specialty resident doctors. Nursing personnel were less affected.

**Conclusions:** The low BOS levels show that the containment

measures and military training implemented by the hospital authorities were effective, although the chief personnel were more affected in the first wave. It is probable that this combination allowed the containment of BOS, which was not observed in civilians.

#### Recent Publications

1. The COVID-19 Health care workers study (HEROES) INFORME REGIONAL DE LAS AMÉRICAS, IRIS PAHO
2. Sleep Hygiene Practices: A Cross Cultural Survey of Sleeping and Dreaming in College Students, ScholarWorks.WMICH
3. Intranasal dexamethasone: a new clinical trial for the control of inflammation and neuroinflammation in COVID-19 patients. Trials Journal.

#### Speaker Biography

Ivan is a psychiatrist and he specializes in psychotherapeutic work. He does not prescribe medications as if they were sweets, but if you need to receive treatment with psychotropic drugs, we will review it together so that we find the best options, seeking to avoid adverse effects and ensure that it does not affect your daily life.

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