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**EMOTIONAL BURNOUT SYNDROME IN THE MEDICAL SPHERE:
CAUSES, SYMPTOMS, MANAGEMENT**

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Relevance. The major changes that have been taking place in today's workplaces challenge the mental well-being of employed people. Stress and emotional burnout are considered the epidemics of modern society, and their importance to physical health and work disability has been acknowledged worldwide. Medicine, as an institution of health and well-being must accept such new challenges. Although, paradoxically medical field is believed to be even more burnt out than other fields of employment.

Objective: The purpose of the study is to understand the scale of the problem in the sphere and raise the awareness about the issue; set the drawbacks for the lack of investment in stress management. Being extremely important for intellectual workers such as doctors and medical students, as both of these groups face high levels of emotional pressure, have a lot of responsibility and operate in a very competitive sphere, this study is aimed at helping both groups to understand the causes of emotional burnout, its consequences, manage its symptoms and obtain key information as the prevention of the syndrome.

Materials and methods. In this research work we made a survey of literature using medical articles about emotional burnout syndrome. To study the causes of emotional burnout syndrome and ways of its prevention we questioned 300 BSMU students and 50 doctors of different specialties, including therapists, surgeons, cosmetologists, psychotherapists and others using a specifically developed questionnaire.

Findings and discussion. We identified various articles and revealed a reduction in emotional burnout syndrome rates in medical workers worldwide. The research showed that most of the factors contributing to burnout in medical field were:

- 1) A great amount of paperwork
- 2) Long working hours and unstable schedule
- 3) Inadequate financial compensation

Conclusions. Despite the positive dynamics in the burnout rate reduction, it still happens to be one of the most important questions in modern medicine. Employees and students should know their limits in order to perform at their peak capabilities without burning themselves out and going lots of steps back. One should always have good self-assessment mechanisms to treat oneself adequately, by understanding one's possibilities, demands that he or she faces and evaluating those correctly. As psychosomatic disease conception strengthens its position in modern medicine, gathering more and more evidence in its favor, we find very important to educate people, especially young medical students, about managing stress and consequences of not doing so. The best methods of stress-management up to this point are based on developing stress-management skill in employees and creating good work environment and healthy work organization. Eliminating main job-related stress factors happens to be a key for work-related emotional burnout syndrome rates reduction.