Health officials of area health end influences with work environment

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Introduction: People who work with the health of other people have some challenges daily environmental stress may be at direct contact with people and problems at home. And that entails the emergence of some diseases and it is a burnout. According Codo (2002), Burnout English = burn burning, out = out, or burn out is a syndrome that affects the employee. This research aims to investigate the environmental factors that affect the work the appearance of burnout syndrome in influencing quality of life of health officials. The specific objective of this article suggests to identify the main environmental factors that influence the emergence of burnout in health professionals from the health-professional relationships and patient-family direction. Burnout syndrome has reached several career being focused study specifically linked the area of education and health service because they are activities that involve intense contact with people (Maslach and Jackson, 1985; Maslach and Leiter 1997).

Methods: As a descriptive survey where they found articles from 2008 to 2011. The research focused on the results of the burnout syndrome in 9 articles. Source for finding scientific data was the Virtual Health Library (VHL), through BIREME (Latin American and Caribbean Center for Information in Science health), the electronic databases SciELO (Scientific Electronic Library Online), LILACS (Latin American Literature and the Caribbean health sciences) and the email address google.com.br scholar. Using as keywords for search, burnout, health workers and job stress. After the survey data evaluation and discussion of the results of each article studied with the proposed theme were made. Selected articles were arranged in the table, with the description of the item name, author, purpose, audience and completion of each.

Results and discussion: The research has focused on the results of the Maslach Burnout Inventory that is just a way to identify the burnout syndrome among health care workers. Found that health professionals suffer any symptoms or have the syndrome of burnout can be some of the reasons that affect the environmental quality of life of the working environment and direct contact with people. Who else showed symptoms young individuals were mostly women because they have insecurity about work generating anxiety, dissatisfaction and tear worker. One suggestion would be to organize prevention programs in relation to training, training in work and also a center with psychologists to provide guidance, monitoring the fighting from day to day. And so somehow to minimize suffering health and improve quality of work life that will reflect the improvement in the care provided service people.

Keywords: health workers, burnout, workplace.

Reference:

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