

Problems of burnout in nurses: Stress, work tension and workability – results from Latvian study

Lilian Tzivian, Inga Priede, Ina Mezina-Mamajeva and Valdis Folkmanis
University of Latvia, Latvia

In aging societies there is increased interest in keeping older people in the workforce, especially true in the health care system. Increasing age of the population and of the staff leads to a shortage of health care workers. Relationships between burnout, work stress, workability, and quality of life are still underestimated of nurses, and the investigation of these problems was the main aim of our cross-sectional study. Workability (1 to 10 scale) and work stress (questions on anxiety and depressive symptoms) were assessed using self-reported questionnaires. We built a work tension index (WTI) from 10-items efforts/rewards scale. Professional burnout was assessed using questions on irritation, depressiveness and weariness. Multiple linear regression models adjusted for presence of children, year of experience, wage and position were built to investigate the association between work stress and workability. We investigated the effect measure modification of this association by age (dichotomized on median of 45 years). Study sample included 232 nurses aged 18-79, with median 19 years of experience, mostly worked full wage. In fully adjusted regression models, workability was associated with work stress (effect estimate, $\beta=-0.03$ [95% confidence interval -0.04; -0.01] and with position ($\beta=-0.23$ [-0.42; -0.05]). Younger participants had stronger association than those older than 45 years, proposing age as effect measure modifier in the association between stress and workability. In addition, higher WTI increased a possibility of burnout ($\beta=11.2$ [1.0; 21.3]). To conclude: Nurses should be particularly treated to reduce their level of stress to prevent a shortage of health care workers.

Biography

Lilian Tzivian completed her PhD in Epidemiology in 2013 and currently holds a professorship in the University of Latvia. She specialized in environmental epidemiology, age-related processes, such as mental health and pre-dementia changes, and on stress and quality of life. She is a member of main scientific societies that focus on epidemiology of aging, quality of life, and Alzheimer disease. She is actively engaged in several national and international projects and working groups, and is an author more than 25 of publications in highly impacted scientific journals on this thematic.

liliana.tz@gmail.com

Notes: