

**BURNOUT SYNDROME AT WORKPLACE AMONG DOCTORS**

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Burnout syndrome at workplace is a very present problem over the last few decades in our country and worldwide. It is defined as a gradual loss of motivation and emotional weariness which develop at workplace as a result of special demands of a workplace, individual characteristics and expectations of a worker, as well as work results that are not in accordance with invested efforts. The consequences are emotional weariness, depersonalization and the experience of reduced personal achievement in workers. This syndrome is characteristic for humanistic and helping professions. Burnout syndrome at workplace is especially characteristic among doctors because of the specificity of their profession and potential discordance of demands and achievements at work. The most common consequences of this syndrome among doctors are chronic weariness, cognitive functions disorder, sleep disorder, depression; as far as somatic symptoms are concerned, there are headache, stomachache, arrhythmia, tachycardia, hypertension and so on. According to the research results, burnout syndrome at workplace most commonly appears among doctors younger than 35, who have less work experience and work more than 40 hours a week, who are not married and do not have children. The prevalence of this syndrome is higher among women, as well as among doctors who work at intensive care and surgery unit. Primary and secondary prevention is necessary: organizational change in a collective that lead to better redistribution of tasks in the collective and the improvement of interpersonal relations, as well as systemic work on removal and reduction of symptoms of this syndrome among doctors.

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