

**Estrés Percibido y Síndrome de Burnout en los
Profesionales del Área de la Salud al inicio y un año
después de la Declaratoria de Pandemia por Covid-19**

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RESUMEN

Antecedentes: La pandemia por Covid-19 ha aumentado la carga laboral del personal de salud, generando variados niveles de ansiedad e intensas cargas emocionales, a corto y largo plazo.

Objetivos: Evaluar la relación entre el estrés percibido y síndrome de Burnout en los profesionales del área de la salud al inicio de la declaratoria de pandemia (3 meses) y 12 meses posteriores a la misma en Colombia.

Materiales y Métodos: Estudio prospectivo, transversal, analítico con un carácter de medida cuantitativa con una profundidad exploratoria.

Resultados: Se incluyó una muestra de 98 profesionales de la salud con una proporción 2:9 Hombre: mujer, con una edad promedio global de 36 ± 12 años. Al inicio de la pandemia el valor promedio de burnout fue de 58 ± 18 pts, y a los 12 meses fue de 65 ± 25 pts, al comparar los puntajes encontramos una P (0.0060) y al evaluar los niveles de burnout inventory observamos que el nivel alto [>66 pts] fue significativamente superior con una P (0.0411): al comparar el subnivel de cansancio emocional se observó que para los 3 meses el valor promedio fue de 15.54 ± 11.32 pts y 12 meses de 21.03 ± 13.76 pts, con una P (0.0010). Al comparar (EEP – 14) entre los puntos de corte (3 meses y 12 meses) se encontró diferencia entre ambos, viéndose esta claramente aumentada pasando de 20.04 ± 6.07 pts (3 meses) a 24.80 ± 9.48 pts (12 meses) con una P (0.0000).

Conclusiones: Se aumentó el efecto Burnout de moderado [34 – 66 pts.] a alto > [66 pts] en un número importante de profesionales de la salud, El subnivel de cansancio emocional del Burnout inventory fue el que más tuvo cambios al compararlo con otros subniveles, en cuanto al EEP – 14 se observó un aumento significativo de los primeros 3 meses comparado con los 12 meses denotando la afectación del personal de salud. A si mismo aumento la percepción de estrés los puntos de corte (3 y 12 meses) y se correlaciona el efecto Burnout con EEP – 14

Palabras clave: Covid – 19, estrés percibido, Burnout, personal de salud, Colombia, Pandemia, salud mental

ABSTRACT

Background: The Covid-19 pandemic has increased the workload of healthcare services personnel, generating varying levels of anxiety and intense emotional burdens, both short and long term.

Objective: To evaluate the relationship between perceived stress levels and Burnout syndrome in health professionals at the beginning of the Covid-19 pandemic declaration (3 months) and the 12 following months in Colombia.

Materials and Methods: Prospective, cross-sectional, analytical study with a quantitative measurement character with an exploratory depth.

Results: A sample of 98 health professionals was included with a 2:9 male:female ratio, with an overall mean age of 36 ± 12 years. At the beginning of the pandemic the mean value of burnout was 58 ± 18 pts, and at 12 months it was 65 ± 25 pts, when comparing the scores we found a P (0.0060) and when evaluating the levels of burnout inventory we observed that the high level [>66 pts] was significantly higher with a P (0.0411): when comparing the sub-level of emotional exhaustion we observed that for 3 months the average value was 15.54 ± 11.32 pts and 12 months 21.03 ± 13.76 pts, with a P (0.0010). When comparing (EEP - 14) between the cut-off points (3 months and 12 months) a difference was found between both, seeing this clearly increased from 20.04 ± 6.07 pts (3 months) to 24.80 ± 9.48 pts (12 months) with a P (0.0000).

Conclusions: Burnout effect was increased from moderate [34 - 66 pts.] to high [>66 pts] in a significant number of healthcare services professionals, The sub-level of emotional exhaustion of Burnout inventory was the one that had more changes when compared with other sub-levels, as for the EEP - 14 a significant increase was observed in the first 3 months compared to the 12 months denoting the affectation of healthcare services personnel. At the same time, the perception of stress increased at the cut-off points (3 and 12 months) and was correlated to the Burnout effect with EEP-14.

Keywords: Covid-19, perceived stress, Burnout, health personnel, Colombia, Pandemic, mental health

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