

Síndrome de Burnout en las Especializaciones Médico-quirúrgicas de una universidad privada del distrito de Barranquilla durante el periodo académico 2025-I

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RESUMEN

Introducción: El Síndrome de Burnout (SB) constituye una problemática crítica en la formación médica, particularmente en las especialidades médico-quirúrgicas. Se caracteriza por agotamiento emocional, despersonalización y baja realización personal, dimensiones que impactan tanto la salud mental como la calidad de la atención. Factores como sobrecarga académica, presión asistencial, déficit de apoyo institucional y condiciones socioeconómicas elevan el riesgo en estudiantes de posgrado.

Objetivos: Evaluar la prevalencia del SB en estudiantes de especialidades médico-quirúrgicas de una universidad privada en Barranquilla durante 2025-I, identificando factores asociados y subrayando la necesidad de medidas preventivas.

Metodología: Se desarrolló un estudio descriptivo y transversal, utilizando el Maslach Burnout Inventory (MBI) en sus tres dimensiones: agotamiento emocional, despersonalización y baja realización personal.

Resultados: La muestra incluyó estudiantes de diversas especialidades. La prevalencia global de SB fue del 62%, con predominio de agotamiento emocional en el 71%, despersonalización en el 65% y baja realización personal en el 48%. En los años avanzados, el 75% presentó manifestaciones intensas. Entre los factores asociados, la sobrecarga de guardias fue reportada por el 68%, la privación de sueño por el 74%, la presión académica por el 70% y la ausencia de acompañamiento institucional por el 55%. Asimismo, el 42% refirió apoyo familiar o social limitado, configurando un entorno de mayor vulnerabilidad.

Conclusiones: El SB constituye un desafío relevante en la formación médico-quirúrgica. Se requieren estrategias institucionales de prevención, programas de bienestar y dispositivos de apoyo psicosocial que preserven la salud mental, mitiguen el desgaste profesional y optimicen la calidad académica y asistencial.

Palabras clave: Burnout, Síndrome de Desgaste Profesional-Burnout, Especialización Médico-Quirúrgicas.

ABSTRACT

Introduction: Burnout syndrome (BS) is a critical problem in medical training, particularly in medical-surgical specialties. It is characterized by emotional exhaustion, depersonalization, and low personal fulfillment, dimensions that impact both mental health and quality of care. Factors such as academic overload, healthcare pressure, lack of institutional support, and socioeconomic conditions increase the risk in graduate students.

Objectives: To evaluate the prevalence of BS in medical-surgical specialty students at a private university in Barranquilla during 2025-I, identifying associated factors and highlighting the need for preventive measures.

Methodology: A descriptive, cross-sectional study was conducted using the Maslach Burnout Inventory (MBI) in its three dimensions: emotional exhaustion, depersonalization, and low personal accomplishment.

Results: The sample included students from various specialties. The overall prevalence of BS was 62%, with a predominance of emotional exhaustion in 71%, depersonalization in 65%, and low personal accomplishment in 48%. In the advanced years, 75% presented intense manifestations. Among the associated factors, overload of shifts was reported by 68%, sleep deprivation by 74%, academic pressure by 70%, and lack of institutional support by 55%. Likewise, 42% reported limited family or social support, creating an environment of greater vulnerability.

Conclusions: BS is a significant challenge in medical-surgical training. Institutional prevention strategies, wellness programs, and psychosocial support mechanisms are needed to preserve mental health, mitigate professional burnout, and optimize academic and healthcare quality.

Keywords: Burnout, Professional Burnout Syndrome, Medical-Surgical Specialization

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