

Burnout and Work Stress among Medical Oncologist. Egyptian Multi-Centric Study

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Abstract

Background: Cancer-care health professionals are at great risk of workplace stress and high burnout levels. Only a few studies were studying the prevalence of workplace stress and burnout in medical oncologists in Egypt. The aim of the work is to study the prevalence of burnout levels and work stress among medical oncologists working at multi-centers in Egypt (Cairo, Menoufia, Fayoum and Assiut university hospitals). A cross-sectional study was conducted on a total of 100 medical oncologists at four medical oncology centers in Egypt. Self-administered Maslach Burnout Inventory (MBI) questionnaire and Workplace Stress Scale (WSS) were used to assess the burnout and stress levels respectively among the participants. **Results:** Out of 100 participants, 32% were overall burnout positive as they met the criteria for all the burnout subscales. The percentages of emotional exhaustion, depersonalization, and reduced personal capacity were 30%, 30%, and 25%, respectively. About 60% were having job stress. The present study showed that younger age (≤ 40 years), female gender, single, with no children, junior physicians (residents or physicians <10 years in practice), with work time directed to both patient care and research and those with more than 6 shifts per month were associated with higher burnout and workplace stress. **Conclusions:** Medical oncologists experienced high burnout levels and workplace stress. More studies are needed to assess these problems in large scales to try to mitigate them.