



Burnout in Palliative Care

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About Me

Major: Human Biology Health and Society

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Introduction

Palliative care: Specialized medical care for any person living with a serious illness

Burnout: Form of exhaustion caused by constantly feeling swamped

SVYM Palliative Care Programs

- Mysore
 - Home based care
 - Institutional care
- Hassan and Dharwad
 - Home based care



Objective:

Analyze the prevalence of burnout among palliative care professionals across SVYM in Karnataka, India



Planned Steps

1

Literature
Review

2

Create
Survey

3

Collect
Data

4

Analysis

Materials and Methods

A cross sectional online based survey

Study population: All employees at the SVYM Palliative Care Programs in Mysuru, Hassan, and Dharwad

Study tool: A pre-structured questionnaire containing socio-demographic details & Maslach Burnout Inventory

Survey



Palliative Care Professionals Survey

1. I feel emotionally exhausted because of my work *

- 0: Never
- 1: At least a few times a year
- 2: At least once a month
- 3: Several times a month
- 4: Once a week
- 5: Several times a week
- 6: Every day

2. I feel worn out at the end of a working day *

- Consent
- Demographics
- Maslach Burnout Inventory
- Thank you

Maslach Burnout Inventory

Emotional Exhaustion

- 9 questions

Depersonalization

- 5 questions

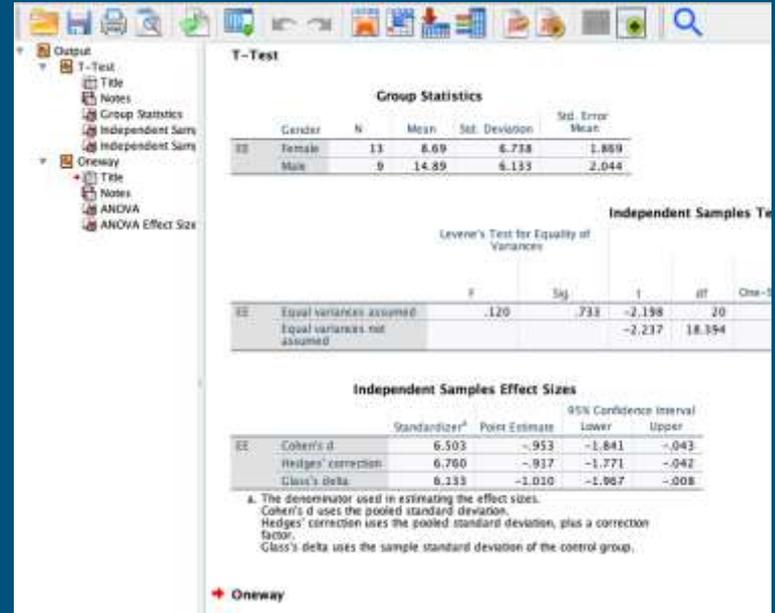
Personal Accomplishment

- 8 questions
-

Analysis

The data was analyzed with SPSS

- Frequencies
- Independent t test & ANOVA to determine the correlates of burnout

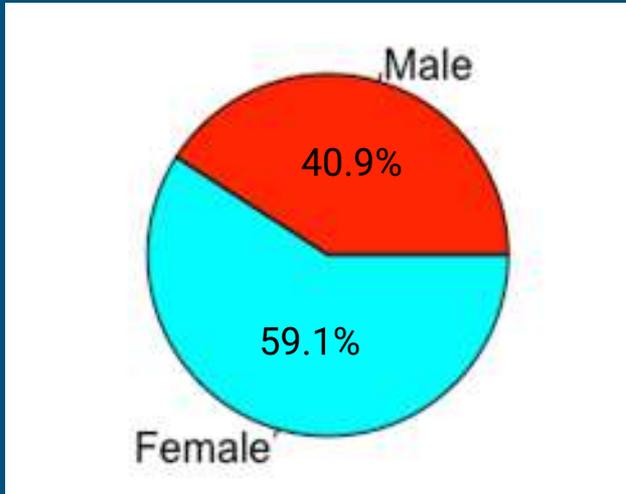


Results: Demographics

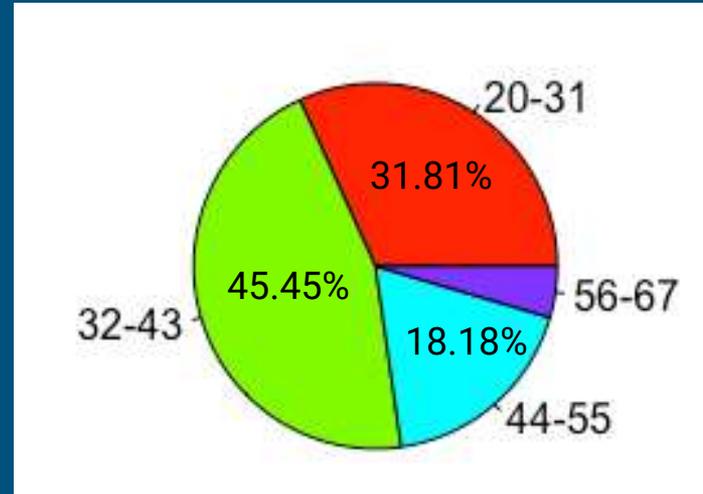
- 22 professionals participated in the study
- Among them 54% from Mysore, 32% from Hassan and 14% from Dharwad
- 54% working in both home care and institutional care and 46% working only at home care settings

Results: Demographics

Graph 1: Gender distribution

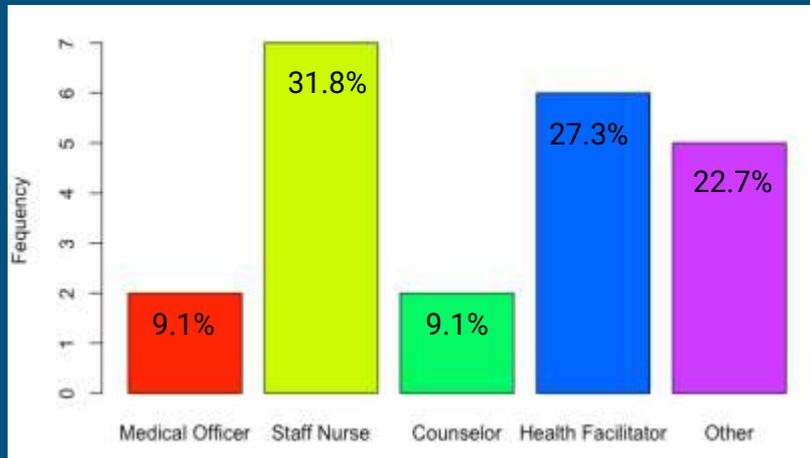


Graph 2: Age distribution

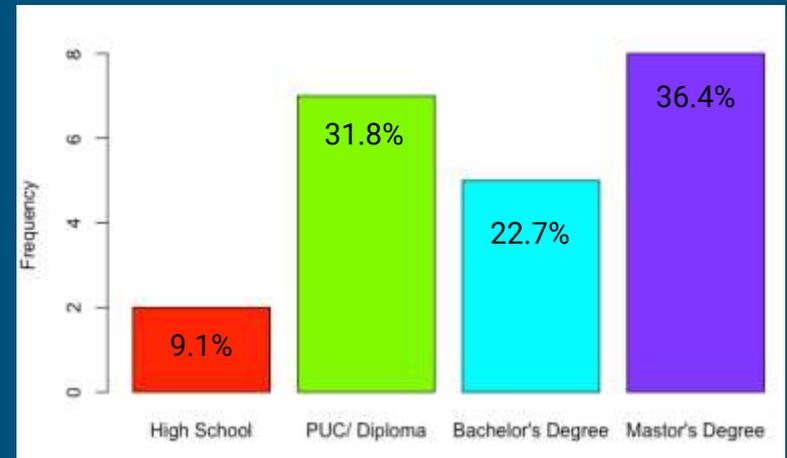


Results: Demographics

Graph 3: Profession

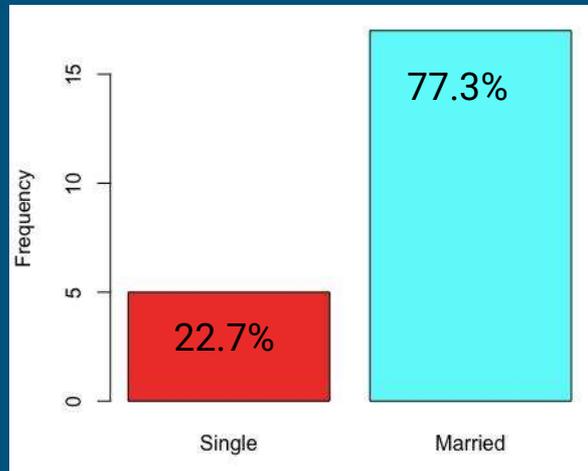


Graph 4: Education

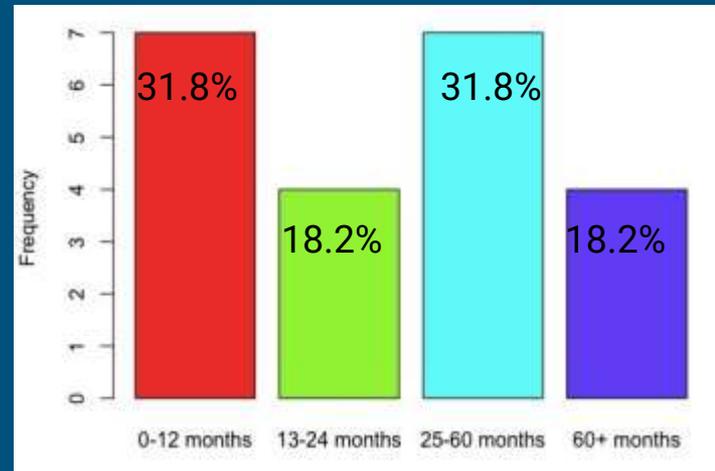


Results: Demographics

Graph 5: Marital Status



Graph 6: Work Experience



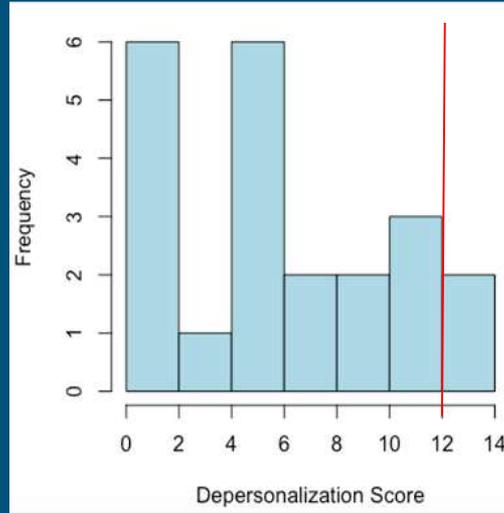
Results

Prevalence of burnout was 27%

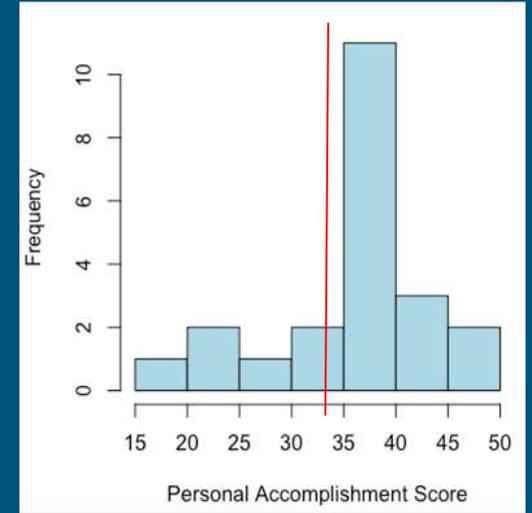


Mean: 11.23

Sd: 7.07



Mean: 36.64



Mean: 6.14

Sd: 4.42

MBI grades

	Low n(%)	Moderate n(%)	High n(%)
Emotional Exhaustion	16 (72.72)	6 (27.27%)	0 (0%)
Depersonalisation	12 (54.54%)	6 (27.27%)	4 (18.18%)
Personal Accomplishment	4 (18.18%)	10 (45.45%)	8 (36.36%)

Correlates of burnout

	Workplace	N	Mean	Sd	P value
EE Score	both	12	10.17	5.491	0.04
	homecare	10	12.90	8.762	
DP Score	both	12	6.75	5.048	0.07
	homecare	10	5.40	3.558	
PA Score	both	12	33.00	7.261	0.01
	homecare	10	41.00	3.682	

Conclusions

- Emotional Exhaustion
- Personal Accomplishment
- Comparison to other places in the world
 - Lower burnout at SVYM

Recommendations

- Workplace has significant association with burnout symptoms
- Group interventions
- Palliative Care is growing
- Personal accomplishment rewards



Strengths & Limitations

- 100% participation
- MBI
- Small sample size



Personal Learning & Growth

- Palliative care knowledge
- Healthcare facility experience
- Professional research
- Data analysis
- Culture



Thank You!

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