

UNIVERSITY OF THE  
WITWATERSRAND,  
JOHANNESBURG



**Burnout amongst Obstetrics and Gynaecology  
registrars in teaching hospitals for the University of  
the Witwatersrand Medical School**

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# Background

- Burnout has been on an upward trend in all professions
- Few causative factors have been identified
- There are no studies on burnout in Obstetrics and Gynaecology, in South Africa



# Hypothesis

- In Obstetrics and Gynaecology, this increase is in part due to the working conditions, in part the increasing litigation, and in part fewer people applying for the profession
- Registrars deal with a large work load, with limited resources and understaffing

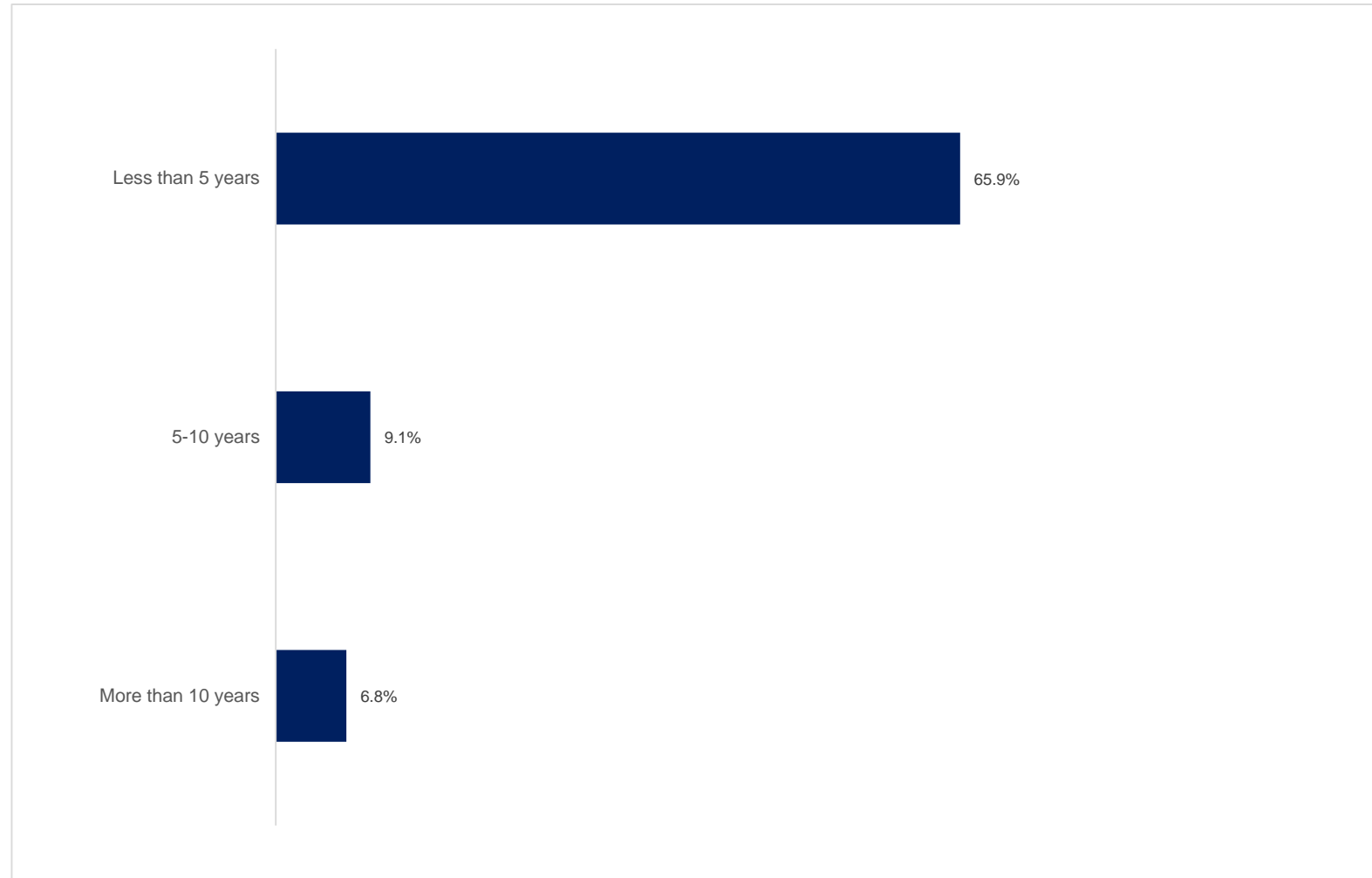
# Study design

- Setting
  - An anatomical cross sectional study was done using electronic surveys
- Population
  - All the registrars were invited to participate
- Ethical clearance
  - Approved by the University of the Witwatersrand Human Research Ethics Committee (Medical)
  - M170701

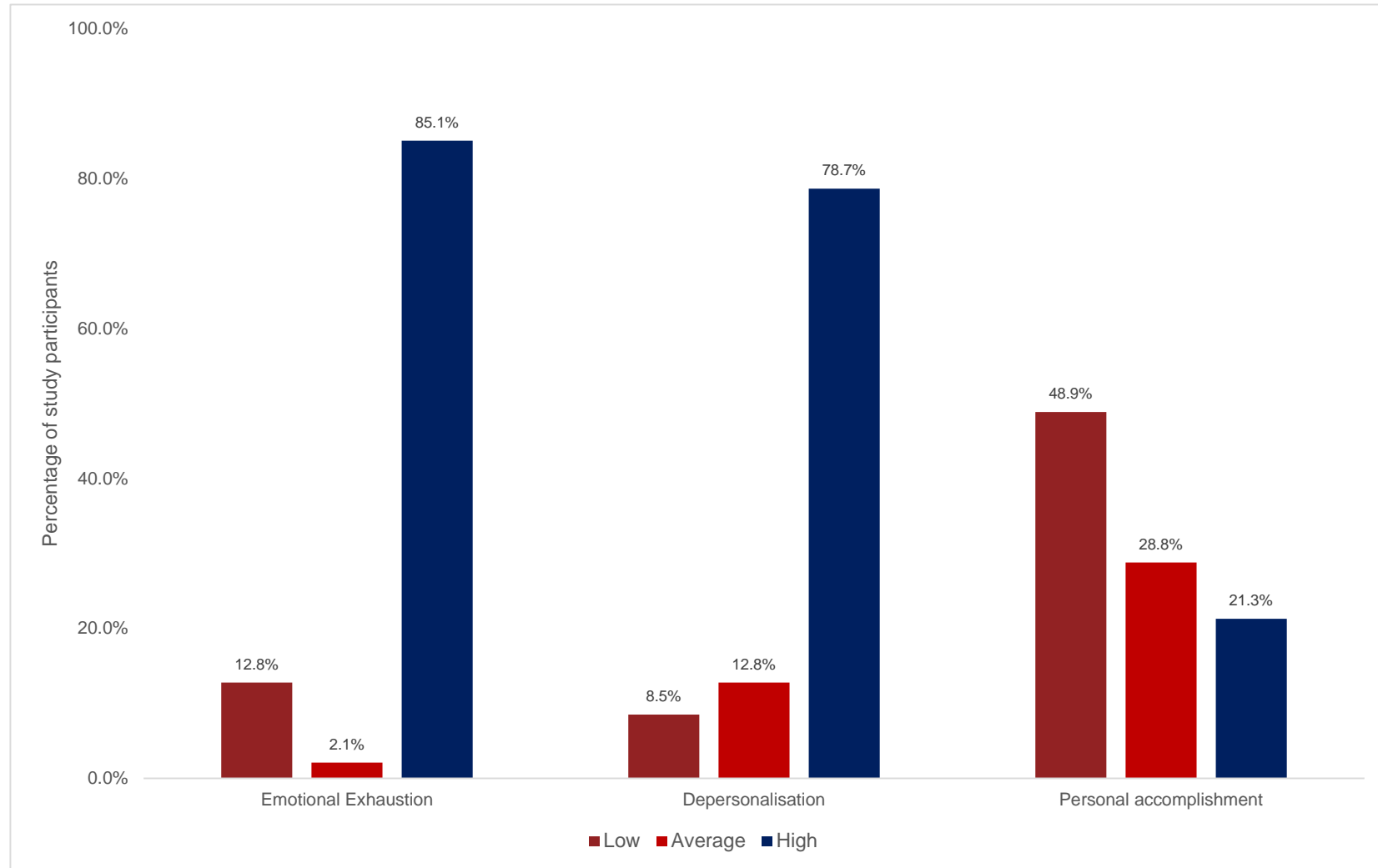
# Results

- 61 doctors (registrars) were recruited, 47 completed the survey (77% response rate)
- 78% were female
- Just under half (49%) were between 31-35 years
- Most were married with 10 in a stable relationship, 9 single
- More than half have children
- 75% have a support system in Johannesburg

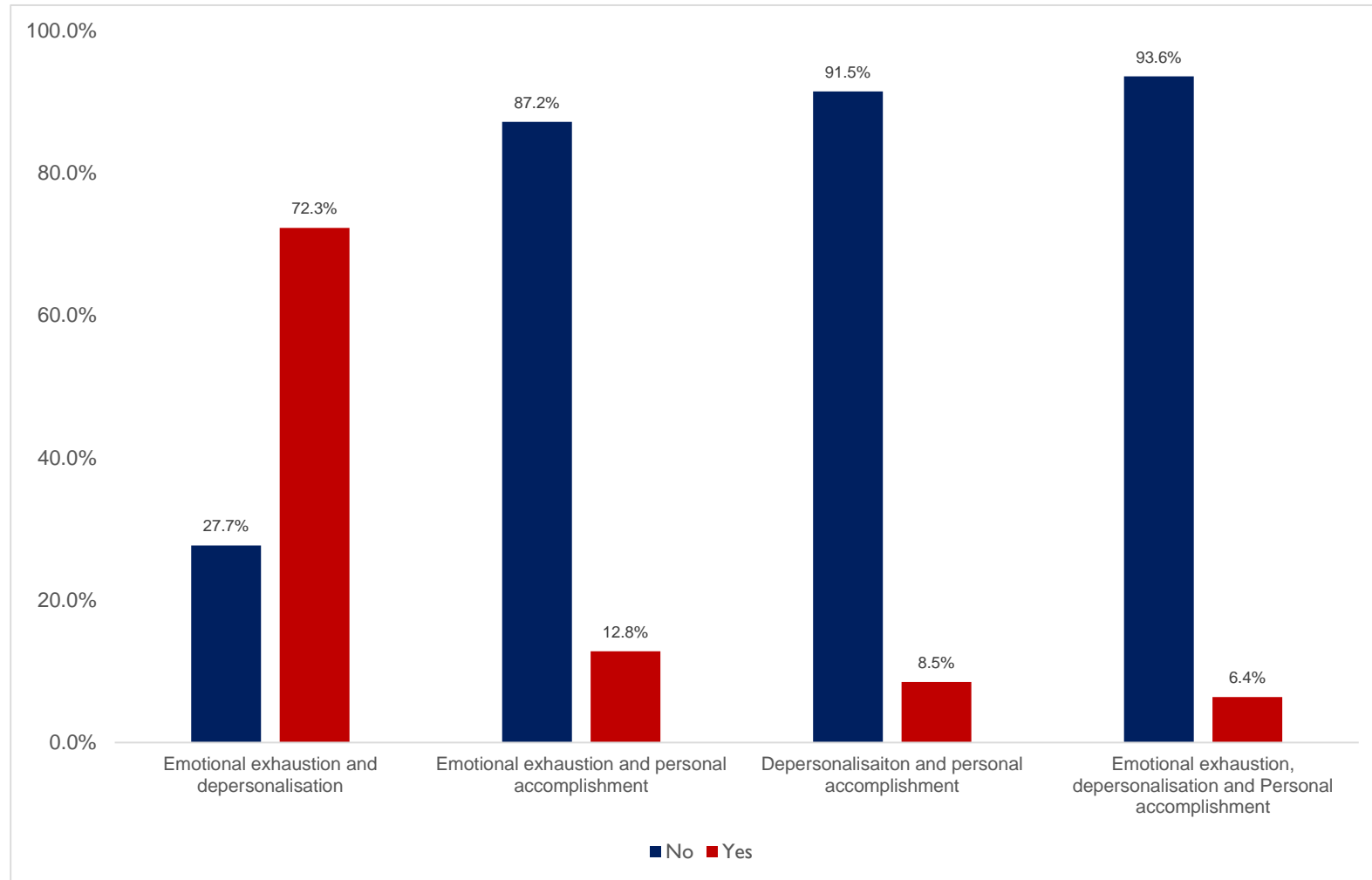
# Medical officer time



# Prevalence noted



# Participants with high levels in two or more groups





# Factors associated with EE

- Significant predictors of Emotional Exhaustion
  - Females had a 2 times higher odds ratio than males
  - The odds decreased 3 times if the participant was a MO at least 10 years before starting

# Factors associated with DP


- Significant predictors of Depersonalisation
  - The odds ratio decreased 3 times if the person was over 35 years
  - The more years as a MO also decreased the odds ratio to develop depersonalisation
    - 3 times if between 5-10 years
    - 3.5 times if more than 10 years

# Factors associated with a low PA

- Significant predictors of a low sense of Personal Accomplishment
  - Being in the third year of study decreased PA by 1.7 times
  - Being in a stable relationship increased PA 2 times
  - It was not significant if married or single

# Discussion

- Our study participants were younger than international studies, however comparable in that most were married and number of years of study
- In this study we had a much higher combined EE and DP rate than some of the studies, our rate being 72%
- A study in Turkey had much lower rates in all 3 subgroups, but their demographics differed to this study
- It was also noted that EE was more common in males, but less the more years worked in total

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- Number of years worked also decreased depersonalisation
  - Only one study commented on the year of training affecting low personal accomplishment, around 18 months prior to completion of training. This was not significant though



# Limitations

- Possibility of identification, due to the small sample size
- Increased bias and unwillingness to participate due to small sample size

# Conclusion

- This study showed that burnout, over all three subgroups, is a major problem in the Obstetrics and Gynaecology department, at the University of the Witwatersrand
- Risk factors, although few were identified, need to be looked at, as well as ways to minimise burnout
- A wellness programs needs to be looked into, as well as support groups being made accessible



Thank you

