

Hubungan burnout score dengan performa klinis pada peserta program Pendidikan Dokter Spesialis Anestesiologi dan Terapi Intensif Fakultas Kedokteran Universitas Indonesia = Relationship between burnout score and clinical performance on Anesthesiology and Intensive Therapy Residents in Faculty of Medicine, Universitas Indonesia

Uyun Mufaza, author

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Abstrak

Latar Belakang: Residen anestesiologi memiliki tanggung jawab dan tekanan yang besar di tempat kerja. Berbagai faktor seperti jam kerja yang tinggi, tekanan mental, dan tekanan fisik dapat menimbulkan kelelahan yang dikenal sebagai sindrom burnout. Burnout dapat berdampak terhadap performa kerja dokter dan keselamatan pasien.

Tujuan: Tujuan dari penelitian ini adalah melihat kejadian burnout, performa klinis, dan hubungan keduanya pada residen Anestesiologi dan terapi intensif FKUI-RSCM.

Metode: Penelitian ini merupakan sebuah penelitian cross-sectional yang dilakukan pada peserta Program Pendidikan Dokter Spesialis (PPDS) Anestesiologi dan Terapi Intensif di FKUI-RSCM selama bulan Februari 2019. Peserta program yang sedang dalam masa cuti atau setelah melakukan jaga selama 24 jam sebelumnya dieksklusi dari penelitian. Tingkat burnout diukur menggunakan Maslach Burnout Inventory (MBI-HSS) versi Bahasa Indonesia, sedangkan performa klinis diukur menggunakan form Best Practice Anesthesiologist Questionnaire untuk performa klinis positif dan Anesthesiology Residents Self-Reported Errors and Quality of Care untuk performa klinis negatif dalam Bahasa Inggris.

Hasil: Sebanyak 55 subyek penelitian berhasil didapatkan dalam penelitian ini. 36 subyek (65,5%) mengalami burnout dengan tingkat sedang-tinggi dan 19 subyek (34,5%) mengalami burnout dengan tingkat rendah. Tidak ada hubungan antara karakteristik demografis dan tingkat burnout. Terdapat hubungan bermakna antara tingkat burnout dan performa klinis negatif pada residen Anestesi dan Terapi Intensif FKUI-RSCM ($p = 0,045$). Akan tetapi, tidak didapatkan hubungan bermakna antara tingkat burnout dan performa klinis positif ($p = 0,321$) maupun performa klinis total ($p = 0,075$) secara statistik.

Kesimpulan: Terdapat hubungan bermakna antara tingkat burnout dan performa klinis negatif pada residen Anestesi dan Terapi Intensif FKUI-RSCM ($p = 0,045$). Akan tetapi, tidak didapatkan hubungan bermakna antara tingkat burnout dan performa klinis positif ($p = 0,321$) maupun performa klinis total ($p = 0,075$) secara statistik.

.....**Background:** Anesthesiology residents have enormous responsibility and pressure on workplace. Various factors such as higher working hours, mental and physical pressure could exert fatigue known as burnout syndrome. Burnout can affect both clinical performance of doctors and patients safety.

Objective: The aim of this study is knowing burnout prevalence, clinical performance, and relationship between both variables on Anesthesiology and Intensive Therapy residents in Faculty of Medicine, Universitas Indonesia.

Method: This is a cross-sectional study done on Anesthesiology and Intensive Therapy residents at February 2019. Residents in leave period or after doing night shifts in the last 24 hours were excluded. Burnout score was determined using Maslach Burnout Inventory (MBI-HSS) Bahasa version, while clinical performance was determined using Best Practice Anesthesiologist Questionnaire for positive clinical performance and Anesthesiology Residents Self-Reported Errors and Quality of Care for negative clinical performance.

Result: Fifty five subjects were included in this study. 36 (65,5%) subjects experienced moderate-high burnout syndrome and 19 (34,5%) experienced none-low burnout syndrome. There were no correlation between demographic characteristics and burnout level. There was a significant relationship between burnout score and negative clinical performance ($p = 0,045$). Meanwhile, there were no significant relationship between burnout score and positive clinical performance ($p = 0,321$) and total clinical performance ($p = 0,075$) statistically.

Conclusion: There was a significant relationship between burnout score and negative clinical performance ($p = 0,045$). Meanwhile, there were no significant relationship between burnout score and positive clinical performance ($p = 0,321$) and total clinical performance ($p = 0,075$) statistically.