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BURNOUT AMONG NEPHROLOGY AND HEMODIALYSIS WORKERS  
IN BURKINA FASO: PREVALENCE AND ASSOCIATED FACTORS

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INTRODUCTION

Burnout is very prevalent among healthcare professionals. In nephrology and hemodialysis, the working environment is very stressful. This situation can plunge workers into burnout. This will have an impact on the care provided to patients with kidney failure, whether or not they are undergoing kidney replacement therapy, and on their quality of life. The aim of our study was to evaluate the burden of burnout among nephrology and haemodialysis workers in the context of sub-Saharan Africa.

METHODS



Between 29 November 2023 and 29 January 2024 we conducted a cross-sectional study



Nephrology and haemodialysis workers in six hospitals in Burkina Faso



Self-administered questionnaire including the Maslach Burnout Inventory



STATA software version 16. We used multiple logistic regression to identify the factors associated



Study was approved by the Health Research Ethics Committee (N° 2023-09-228)

RESULTS

Socio-demographic characteristics



108 workers took part in the study  
Participation rate: 62.4%  
Mean age: 39.5 ± 6.9 years  
Sex ratio was 1.03

Burnout Prevalence



64,8%

Burnout level



High: 2.9%  
Moderate: 25.7%  
Low: 71.4%

Burnout dimensions

Personal fulfilment: 40.4%  
High emotional exhaustion: 22,2%  
High depersonalisation: 16.4%

Associated Factors

- Age : OR 0,90 [0,84 - 0,97]; p:0,0098  
- Lack of responsibility: OR 7,33 [1,46 - 36,67]; p: 0,0153  
- Practice of a sporting activity several times a week OR 7,28 [1,39 - 37,97]; p:0,0185

CONCLUSION

Burnout is a reality in nephrology and haemodialysis practice in Burkina Faso. Preventive measures need to be implemented

**Keys word:** Burnout, Prevalence, Associated factors, Nephrology and Hemodialysis, Burkina Faso