# The Harm Behind Healing

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## Objectives & Importance

- Assess burnout and quality of life (QoL) among Ain Wzain Medical Village(AWMV) female nurses and examine correlations between burnout and QoL.
- Results will guide hospital actions in improving nurse well-being, potentially reducing absenteeism and enhancing QoL.

## Methodology:

- **Design:** Cross-sectional descriptive and correlational study.
- **Population:** 110 female nurses employed at AWMV.
- **Data Collection:** Questionnaire was administered by face to face interview by trained investigators with the participants from October2023 to November 2023 at AWMV.
- **Inclusion Criteria:** Female nurses in various departments, age 18+. Agreed to participate.
- **Exclusion Criteria:** Female nurses who did not respond correctly to the questionnaires, and who where absent within the data collection period.
- **Instruments:**
  ○ Questionnaire (Sections: Sociodemographic status, Maslach Burnout Inventory (MBI), WHOQOL BREF)
  ○ IRB approval and written consent form were obtained.
  ○ Anonymity and confidentiality were ensured.
- **Data analysis:** SPSS software version 26.

## References:

- Fradelos E., et al (2014). Burnout syndrome impacts on quality of life in nursing professionals: The. Prog Health Sci.
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- Zahra Omidi, et al (2023). Association between burnout and nurses' quality of life in neonatal intensive care units: During the COVID-19 pandemic . Journal of Neonatal Nursing , 144-148.

Created by participants
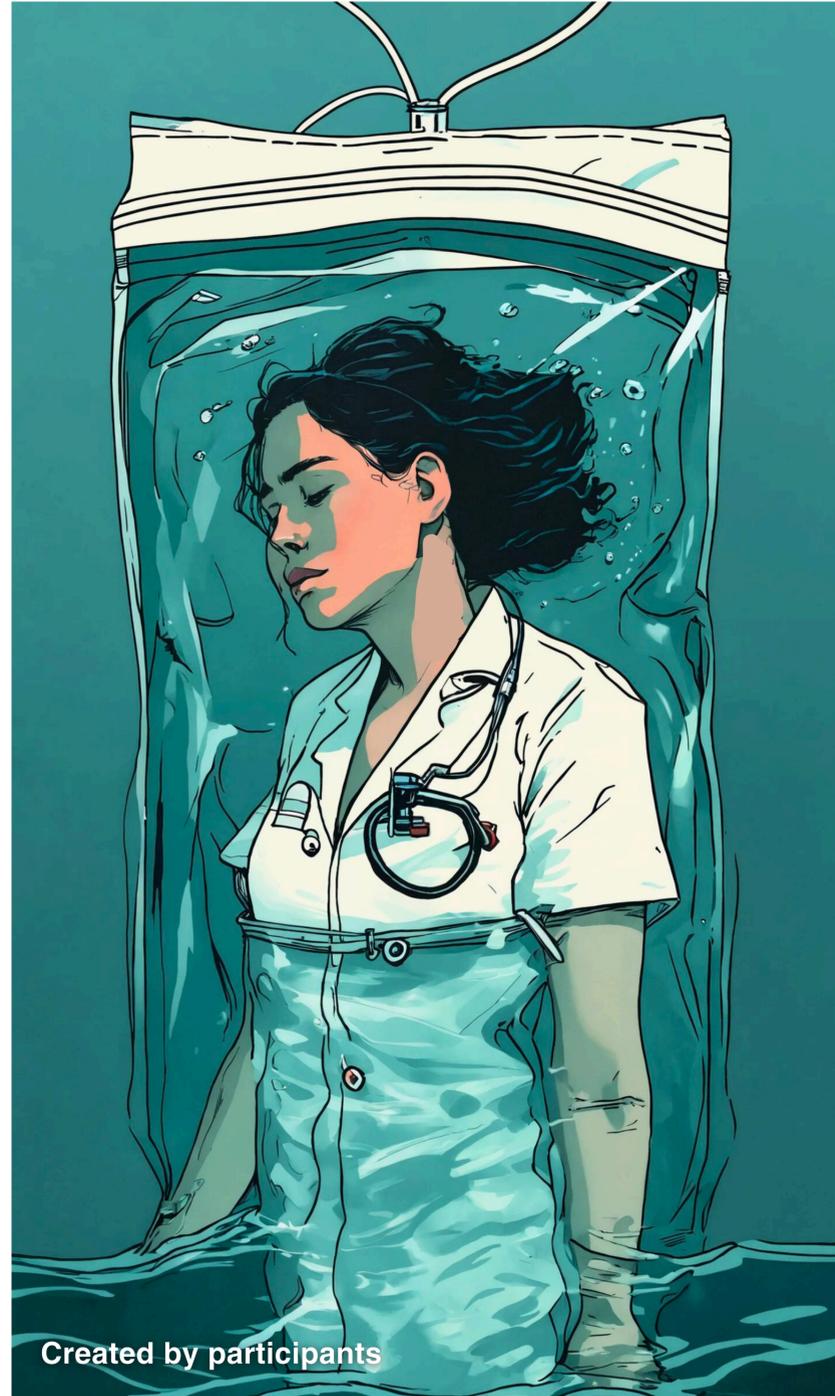
## Results:

**Table 1:** Socio-demographic characteristics of female nurses at Ain Wzain Medical Village (n=110).

| Age (years) | Mean ± S.D | Minimum | Maximum |
|---|---|---|---|
| | 34.99 ± 10.872 | 20 | 61 |
| | | Frequency | Percentage (%) |
| Marital Status | Single | 45 | 40.9 |
| | Married | 59 | 53.6 |
| | Divorced | 6 | 5.5 |

**Table 2:** a table that shows the mean, standard deviation, minimum and maximum if emotional exhaustion, personal accomplishment and depersonalization of female nurses according to MBI scoring system (n=110).

| | Mean | Standard Deviation | Minimum | Maximum |
|---|---|---|---|---|
| Emotional Exhaustion | 37.44 | 10.33 | 10 | 54 |
| Personal Accomplishment | 14.61 | 7.45 | 0 | 42 |
| Depersonalization | 10 | 6.26 | 0 | 27 |
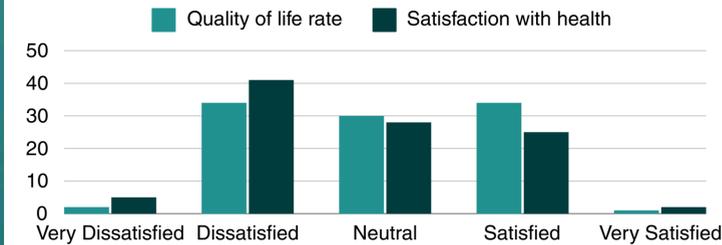


**Figure 1:** Quality of life rate and Satisfaction with health of female nurses at Ain Wzain Medical Village(n=110)
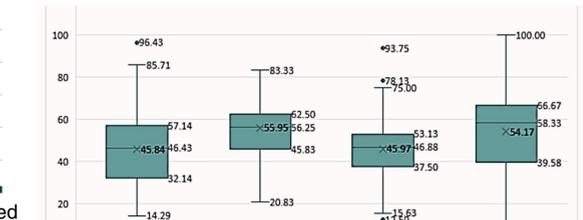


**Figure 2:** A boxplot that reflects the scoring of physical, psychological, environmental, and social domains according to the WHO-QoL scoring system of female nurses at Ain Wzain Medical Village (n=110).

The study revealed a significant negative correlation between the sub-scales of the Maslach Burnout Inventory (MBI) and various aspects of the WHOQOL BREF, including physical, psychological, social, and environmental domains. Specifically, emotional exhaustion demonstrated a negative correlation with all four domains of the WHOQOL BREF ($p<0.01$). Additionally, there was a significant negative correlation between personal accomplishment and the four domains of the WHOQOL BREF ($p < 0.01$). Finally, a noteworthy negative correlation was identified between depersonalization and the physical and environmental domains ($p < 0.05$).

## Conclusion:

This study revealed significant burnout among female nurses, negatively impacting their QoL, particularly in the physical domain.
Interventions should target work environment improvements, burnout reduction, and overall well-being enhancement for female nurses.