

When The Shift Hits The Fan: Investigating Burnout in Local EMTs and Paramedics, Part 1

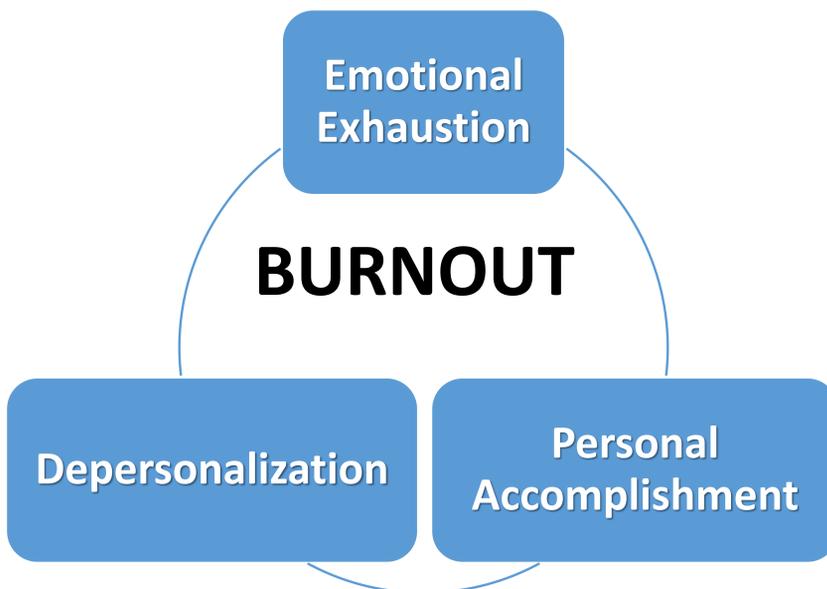
INTRODUCTION

Emergency Medical Service (EMS) providers are a unique population due to the nature of their work environment. EMTs/Paramedics work arduous hours and provide first line medical attention where patients live. Difficult living conditions, high stress situations and poor patient outcomes can all lead to an increase in cynicism and a decrease in emotional bandwidth, all of which are associated with burnout. Burnout is most commonly defined as a three-dimensional syndrome consisting of emotional exhaustion (EE), depersonalization and reduced personal accomplishment^[1].

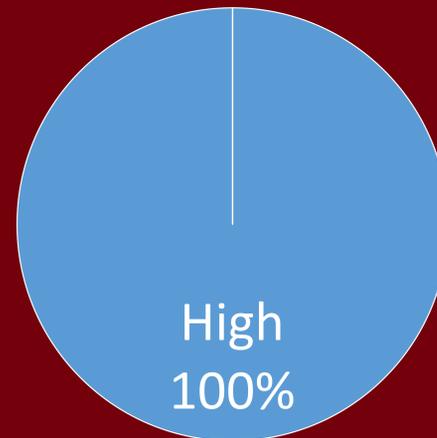
The aim of this research sought to examine characteristics related to burnout in Greenville County EMS providers.

METHOD

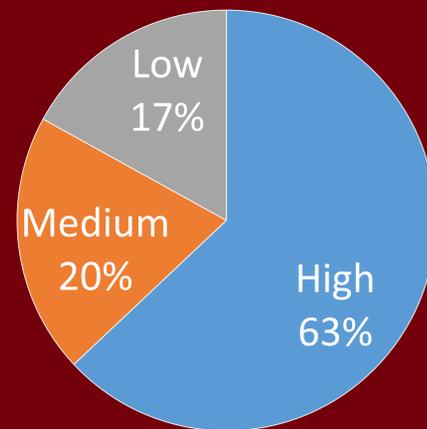
- 20 Paramedics and 10 EMTs were administered the Maslach Burnout Inventory (MBI) immediately following a 12-hour EMS day shift.



Personal Accomplishment



Emotional Exhaustion



Depersonalization

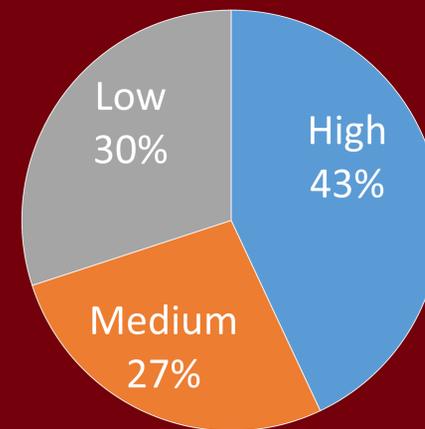


Figure 1. MBI dimensions and EMS Scoring in each area.

MBI	Gender		Certification	
Emotional Exhaustion	Male	13.84 (8.90)	EMS	12.40 (9.05)
	Female	13.00 (8.57)	Para	14.16 (8.58)
Depersonalization	Male	7.00 (7.79)	EMS	4.60 (5.93)
	Female	5.08 (6.08)	Para	7.05 (7.63)
Personal Accomplishment	Male	28.29 (9.49)	EMS	26.70 (10.19)
	Female	31.45 (4.46)	Para	30.89 (6.07)

Table 1. Means and Standard Deviations of MBI dimensions by gender and certification.

RESULTS

EMS personnel's scores on each dimension of the MBI can be seen in Figure 1. Descriptive statistics can be seen in Table 1. While the majority of personnel scored high on the MBI dimensions associated with burnout: emotional exhaustion (EE) and depersonalization. One hundred percent scored high on Personal Accomplishment. Emotional Exhaustion and Cynicism were strongly correlated, $r(29) = .894$, $p < .001$. Gender and certification did not significantly affect levels of burnout.

DISCUSSION

Rates of burnout within our participant population were analogous within the subscale of depersonalization and elevated within the subscale of emotional exhaustion when compared to similar studies^{[2][3]}. One distinctly unique aspect within this study was the abnormally high level of personal accomplishment (100%). Further research could utilize different assessments of burnout to confirm our results. A subsequent study or more detailed questioning could provide insight into high levels of EE within this population.

ACKNOWLEDGEMENTS

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REFERENCES

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