

Prevalence and Correlates of Burnout and Stress Among Healthcare Workers of Gujarat During Covid-19 Pandemic: A Cross-sectional Survey Study

Amit Murlibhai Patel

JG College of Physiotherapy, JG Campus of Excellence, Opp. Gulab Tower, Off. Sola Road, Ahmedabad - 380061,
Gujarat

ABSTRACT

Introduction: As India surpasses 4.13 crore COVID-19 cases and 4.95 lakhs in January 2022 since its upsurge from January 2020, many Healthcare workers continue to be overloaded by work associated with caring of COVID-19 patients. Burnout among healthcare workers is not a newly recognized crisis and is associated with higher rates of anxiety, depression and substance abuse. Globally COVID-19 has presented unique challenges, leading to increased mental issues among healthcare workers. Our study aims to provide a comprehensive view of how Burnout and stress during the pandemic times have impacted healthcare team workers. We hypothesized stress would be higher among inpatient workers, such as Physical therapists, nurses, Nursing assistants etc. Finally, we anticipated that fear of exposure and transmission would be highest among minorities staff.

Methodology: The “Coping with COVID” survey assessed Indian healthcare worker stress. A stress summary score (SSS) incorporated stress, fear of exposure, anxiety/ depression and workload (Omega 0.78). Differences from mean were expressed as Cohen's d Effect Sizes (ESs). Regression analyses tested associations with stress and burnout.

Results: Between March 2021 and January 2022, 2099 healthcare workers responded from 12 organizations of Gujarat (median response rate 20%, Interquartile range 7% to 35%). Sixty one percent reported fear of exposure or transmission, 38% reported anxiety/depression, 43% suffered work overload, and 49% had burnout. Stress scores were highest among Physical therapists, nursing assistants, medical assistants, and social workers (small to moderate ESs, $p < 0.001$), inpatient vs outpatient workers (small ES, $p < 0.001$), women vs men (small ES, $p < 0.001$). Fear of exposure was prevalent among nursing assistants, while housekeepers most often experienced enhanced meaning and purpose. In multilevel models, odds of burnout were 40% lower in those feeling valued by their organizations (odds ratio 0.60, 95% CIs [0.58, 0.63], $p < 0.001$).

Conclusion: Stress is higher among Physical therapists, nursing assistants, medical assistants, social workers, inpatient workers and women is related to workload and mental health, and is lower when feeling valued.

Keywords: COVID–19, Healthcare access, Physical therapists, Stress, Pandemic

