

International Conference on

HOSPITAL MANAGEMENT AND PATIENT SAFETY

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International Conference on

REPRODUCTIVE MEDICINE & BIOLOGY

May 23-24, 2019

Las Vegas, USA

Burnout syndrome among physicians working in King Fahad Hospital of the University, Al-Khobar

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Background: Burnout syndrome is an occupational mental health problem that affects human service professionals, including physicians, due to chronic job stress. It is a syndrome of three dimensions: emotional exhaustion (EE), depersonalization (DP), and reduced personal accomplishment (PA), that can occur among individuals who work with people. Physicians are placed under stresses as they are required to provide quality services despite the weakness of infrastructure, shortage of staff, and increased number of patients. In addition, physicians are required to continuously update their knowledge,

improve their skills and at the same time take care of themselves and their families. All these stresses may eventually lead physicians to “burnout”. Despite the importance of this occupational mental health problem, there is a dearth of literature about job burnout among physicians in Saudi Arabia.

Objectives: This study was conducted to estimate the prevalence of burnout among physicians working in KFHU and to determine the factors associated with burnout among physicians working in KFHU at eastern province of Saudi Arabia.

Biography

Abdullah Al Ruqaib serves as Senior Registrar of Family Medicine at family and community medicine center in al Imam Abdurrahman bin Faisal University, Dammam, Saudi Arabia. He held various leadership roles at family and community medicine center. He is trainer of Saudi board program and member of exam committee for Saudi board at family and community medicine center. His interest focuses on safety in health serves centers. he serve as chairman of safety committee, member of strategy planning committee and performance improvement committee at family and community medicine center in al Imam Abdurrahman bin Faisal university. He obtained his MD from king Faisal University, Dammam, KSA and completed his Family Practice Residency Program at Saudi commission for health specialties in King Fahad university Hospital as training center in Saudi Arabia. He made presentations to medical student and Saudi resident program in various medical topics. He is certified by the Saudi Board of Family Medicine and Arab Board of family medicine.

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