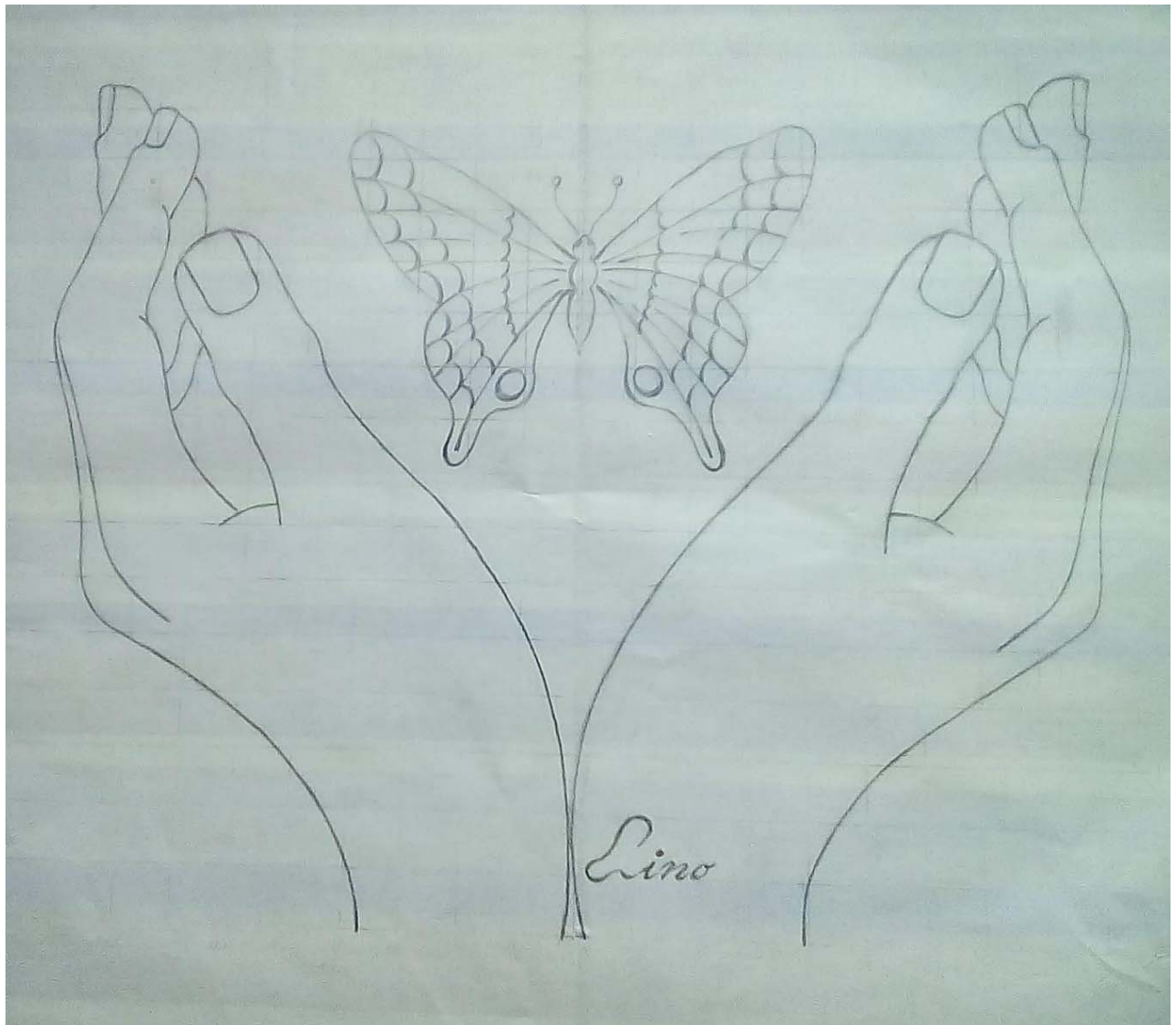


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Burnout evaluation in Portuguese and Italian nurse after Sars-Cov2 pandemic.

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KEY-WORDS: Buornout, Maslach, nursing approach.

ABSTRACT

BACKGROUND: Burnout is a globally relevant problem. this aspect was particularly accentuated in the period of the covid-19 pandemic. **AIM:** The purpose of our study is to compare the level of burnout in Italy and Portugal by performing an assessment with multidimensional scales in a Portuguese hospital and an Italian hospital. **MATERIALS and METHODS:** In order to evaluate the degree of Buornout of the nurses working in the emergency room, nurses were enrolled in the emergency room of the Portuguese () and Italian hospitals. all subjects gave their informed consent for privacy and for data collection by Maslach test. The data were collected in Portugal during an Erasmus project carried out by Dr. Ravedoni M., the evaluation was carried out in Italy. Data from the study were compared using the T test. For the statistical evaluation, a significance of $P < 0.050$ was set. **RESULTS:** The data entry was done after having created the multi-parametric variables with an approximation to three decimal places, the values relating to the global score of the Maslach scale were initially entered and subsequently the aspects relating to emotional exhaustion, depersonalization were calculated and personal gratification. Sigma software can be used to determine if a single group differs from a known value (one-sample t-test), if two groups differ from each other (independent two-sample t-test), or if there is a significant difference in paired measures (dependent samples t-test, or paired). In this specific case, the data evaluated and shown in the table above concern the t-test with independent samples because they were administered to two different population samples. **DISCUSSION:** the differences between Italy and Portugal are minimal

when evaluating the data globally (Fig. 1), the Emotional Exhaustion is high in both situations (Fig. 2), the level of Depersonalization is decidedly higher in Italian nurses and finally the degree of Realization Personality is higher in Portuguese nurses, despite the high level of Emotional Exhaustion.

CONCLUSION: although burnout is present in both populations studied, the Portuguese group is less affected by burnout. Analyzing the different working realities, a different regulation of the management of nursing work was found between Italy and Portugal. In both situations, burnout can be accentuated by the differences related to the legislative profile for the protection of nursing staff.

LIMITS of the study: The data extrapolated in the two realities cannot be applied at a national or European level given the small number of hospital structures evaluated in Portugal and Italy.

Reference:

- 1) Galanis P, Vraka I, Fragkou D, Bilali A, Kaitelidou D. Nurses' burnout and associated risk factors during the COVID-19 pandemic: A systematic review and meta-analysis. *J Adv Nurs.* 2021 Aug;77(8):3286-3302.

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