

## **Burnout among Healthcare Workers During COVID-19 Pandemic in Lahad Datu District**

### **ABSTRACT**

Burnout syndrome is a state of physical and emotional exhaustion most often associated with negative effects on quality of life and work. The objective of this study is to determine the prevalence of burnout among healthcare workers (HCWs) working in Lahad Datu during COVID-19 pandemic. Methods: This cross-sectional study analysed primary data obtained from the HCWs working under Pejabat Kesihatan Kawasan Lahad Datu (PKKLD), Sabah from early of April 2021 to the end of May 2021. Copenhagen Burnout Inventory (CBI) was used to determine the status of burnout among healthcare workers working under PKKLD. The Pearson Chi-square test was used to analyses the association between burnout and socio-demographic, organizational, and socio-environment factors. Results: Out of 352 healthcare workers, 121 (34.4%) had a burnout during this pandemic. The prevalence of personal-related and work-related burnout were 46.3% and 42.3% respectively, while the prevalence of client-related burnout was 35.8%. Living arrangement, daily working hours, job categories, job satisfaction, and exposure to COVID-19 patients were the significant associated factors of burnout among the HCWs ( $p < 0.05$ ). Conclusion: The prevalence of burnout among HCWs working under PKKLD during this pandemic was relatively high especially among health inspectors and medical officers. This study provided early insight and suggestions for prospective actions, hence it may require multilevel intervention from administration, organizational, and responsible authority as the pandemic's progression is yet unknown.