

Burnout and work-related stress in Italian rehabilitation professionals: A comparison of physiotherapists, speech therapists and occupational therapists

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Background: Healthcare workers are exposed to work related stresses that significantly increase their risk of burnout.

Objective: To evaluate and compare burnout and work related stress levels in three categories of health professionals: Physiotherapists, speech therapists and occupational therapists.

Methods: A convenience sample of 391 health professionals participated, including 210 physiotherapists, 101 speech therapists and 80 occupational therapists. We collected general socio-demographic information and administered the standardized Italian version of the Maslach Burnout Inventory (MBI) and the Health and Safety Executive (HSE) management standards indicator tool.

Results: We found the proportion of professionals with high-risk scores in the three dimensions of the MBI to be as follows: Emotional exhaustion 32%, depersonalisation 13% and personal accomplishment 9%. Overall, 14% of participants were at high risk of burnout. No significant differences were found between the three professional

categories. Five subscales of the HSE were associated with burnout: Control ($p < 0.01$), management support ($p < 0.01$), relationship ($p < 0.05$), role ($p < 0.01$) and change ($p < 0.05$).

Conclusions: Like all health care workers, rehabilitation professionals are at a high risk of burnout. There are common mechanisms underlying burnout in the different professional groups investigated. Further research in occupational health in rehabilitation settings is needed to prevent burnout.

Speaker Biography

Marco Bruschini has completed his path towards the degree in physiotherapy at the age of 23 at the Catholic University of the Sacred Heart in Rome, Italy. He subsequently obtained his master degree in 2011. Rehabilitation sciences, at the "Sapienza" University of Rome. From 2017, he is a lecturer in the department of human neurosciences at the "Sapienza" University. He conducts seminars in degree courses, publishes articles in internationally renowned journals and is the co-founder of numerous experimental theses. Since 2006 he has been a freelance physiotherapist and also carries out research at the Italian association of physiotherapists (AIFI).

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