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# WYPALENIE ZAWODOWE WŚRÓD PERSONELU INTENSYWNEJ OPIEKI MEDYCZNEJ

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## BURNOUT IN THE INTENSIVE MEDICAL CARE STAFF

**Summary**. This paper aims at an analysis of the phenomenon of burnout and its psychological manifestations in a group of anesthesiologists and intensive care nurses compared to a group of those doctors and nurses who do not work in intensive care units. In order to verify the questions and hypotheses proposed, a well-known research tool has been applied, which is often quoted in psychology, i.e. the Burnout Inventory by Maslach *MBI.*

Our study has proved that the anesthesiologists show a very high level of burnout whereas a level of burnout in doctors of other specialities oscillates within a low result. An analysis of the results in the group of intensive care nurses has pointed out the occurrence of the burnout syndrome yet only regarding the emotional burnout, however it has been significantly higher in the group of nurses of other specialities. In order to understand the nature of the phenomenon, it is necessary to carry out further research, including an analysis of the reasons for the work-related stress and the factors conditioning and protecting against the occurrence of the phenomenon.