

Abstract No. **49**

Category: **Prevention**

Title: **Burnout evaluation of cardiology fellows nationwide: results of a survey of fellows from Colombia**

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**Abstract:**

**Background:** The perceptions and reactions of cardiology fellows to the stress produced by the characteristics of the work may vary, predisposing them differently to Burnout. The purpose of this study was to evaluate burnout rates among Colombian cardiology fellows.

**Methods:** A national survey was sent to fellows in all cardiology programs in Colombia. The survey included the Maslach Burnout Index-Human Services Survey(MBI-HSS), as well as demographic questions. The primary end points included rates of emotional exhaustion, depersonalization, and personal accomplishment of scores on the MBI-HSS subscale.

**Results:** In total, 36 of 48 fellows (75%) responded, with 35 of 48 (72.9%) completing the MBI-HSS. High levels of emotional exhaustion and depersonalization were reported in 45.7% and 14.3%, respectively; 43.8% experienced a high level of Burnout in at least 1 of these 2 subscales of MBI-HSS. The low rates of personal accomplishment occurred in 2.9% and moderate 25.7% of the fellows.

**Conclusion:** Approximately half of cardiology fellows in Colombia have high levels of burnout symptoms, which agrees with previous literature in cardiology. Targeted interventions to identify burnout symptoms among cardiology fellows can help prevent the subsequent negative consequences of this syndrome. What justifies, greater attention to the psychological needs of cardiology fellows in the country.