ESTSS2019 Rotterdam Poster Abstract Book

Friday 14 June 2019
Day #1
General Poster Session 15:45–17:00

1. Track: Assessment & Diagnosis
Burnout, Moral Distress and Posttraumatic Stress in Intensive Care Staff: A Dangerous Cocktail?
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Background: A number of studies have identified that staff working in intensive care suffer forms of work-related distress such as burnout, PTSD and moral distress, but little is understood about the degree to which these different forms of distress coexist or what causes them. Objective: In two separate UK studies, data on all three types of distress were collected in order to examine these issues further. Method: Participants completed three questionnaires: the abbreviated Maslach Burnout Inventory (aMBI), the Moral Distress Scale (Revised) (MDS-R) and the Trauma Screening Questionnaire (TSQ), to assess the risk of PTSD. The first study was a national online survey of 1656 healthcare staff working in paediatric intensive care; the second, a single-site study, examined the psychological aftermath of a case where treatment options were disputed in court. Results: The first study showed significant rates of all three types of distress (burnout 42%; moral distress 30%; PTSD 26%) which overlapped to a moderate degree. Information from the second study suggested that (a) having to treat a child whose condition was perceived to be futile, and (b) having to deal with public criticism, are new strains on this staff group. Conclusions: These results suggest that PICU staff in the UK is experiencing significant levels of work-related distress. The ethical implications of new technology – in relation both to medical developments and communication media – are considered. Further studies are needed to determine the best strategies for prevention and support.