

Is Burnout a Medical Problem?

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Introduction

Burn out has become a serious health issue in the present scenario. World Health Organization (WHO) stated that chronic work place stress lead to burnout. In ICD 10, first time the term burnout was included as ICD 10 CM Code Z73.0. The ICD-11 and WHO reported that burnout is a legitimate medical diagnosis. The diagnosis of burnout should be made only if it occurs in the occupational context and WHO also stated that it should not be applied to describe the experiences in other areas of life [1].

Characteristics

The WHO handbook helps the doctors to diagnose burnout if those who possess the following characteristics:

- Feeling of energy depletion or exhaustion.
- Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job.
- Reduced professional efficacy.

Risk factors

People with negative thoughts (Nobody loves me, I will never make it, I am not good enough, I look awful, I am ugly, I am mad etc) and negative feelings (fear, envy, jealous, anger, hatred, resentment, contempt) more prone to develop burnout. The common side effects of burnout are headache, tiredness and migraine which lead to gastrointestinal disorders, hypertension and sleep disturbance. It reduces energy and productivity and make you to feel helpless, hopeless, cynical, and resentful.

Prevention

American Psychological Association reported that self-care is the most effective way to solve the problem. The simple steps for the prevention of burnout are avail vacation or leave, go for walking in a natural environment, have a healthy diet, ventilate or share your feelings to a trusted person, work with purpose, delegate the work, make friends at work, balance your life and work and consult a good therapist [2,3].

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