
Stress, Burnout and Emotional Disorders in Technical Health Services Oncology

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Background

The constructs mentioned above, have been in recent decades, the focus of much attention from researchers, however, becomes increasingly important, strengthen the knowledge, so that we can contribute more, but essentially better, with the intervention in health professionals in oncology. The observable evidence that those working to help and feel that the lives of others in their hands are permanently associated with levels of stress leading to burnout.

Methods

This study is a descriptive - cross, with a sample of 30 health professionals, 15 technicians of health from oncology and 15 health professionals from other (s) specialties. Since the sampling process is the type stratified because of the population is distributed by groups connected with the same characteristics to study. The collection of the sample will be done, preferably in hospitals and in the IPO of Porto. Original instruments will be used, properly validated for the population and also the vital jackets, the prospect of linking the psychological with the physiological indicators.

Results

As is shown in other research, assume find significant evidence that the health professionals of Oncology can be found with higher levels of stress than the health professionals in other specialties. And, to include the registration done by vital jackets, we find that the data reinforce the results. This means that assume find congruence between the physiological and psychological indicators to the daily experience of situations of high stress.

Conclusion

The health professionals in oncology are a group at risk due to high stress situations that are faced with daily. The perception of stress and that this affects the professional and personal lives of these professionals is highly evident. Leads us to suggest that the intervention has to stop being just an idea and become a real implementation. When we talk about the stress that these are technical subjects, and how this is affecting their lives, we must point out that patients also end up being at risk.

Research Implications

In practical terms, this research has important implications and, in addition to the observation through the psychological and physiological indicators of high levels of stress and burnout that the health professionals in oncology present, this has the central objective, to draw up a draft speech. In order to focus on improving the quality of life of these professionals and provide them with skills to know that autonomously manage their tasks, thus minimizing the effects of daily situations experienced as stressful.