

**CHARLES UNIVERSITY IN PRAGUE**

**MEDICAL FACULTY OF HRADEC KRALOVÉ**

INSTITUTE OF SOCIAL MEDICINE

DEPARTMENT OF NURSING

**RISK BURNOUT FOR EMERGENCY WORKERS AND  
RESCUE SERVICES**

Bachelor's thesis

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## **Annotation:**

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## **Resumé:**

Burnout syndrome is one of the most frequent problems in these current turbulent times. Already included in the groups of diagnoses: "Problems related to difficulties in the conduct of life" makes one fear the possible causes. Burnout is much more frequent among people whose work brings them in to regular contact with other people. These high-risk groups include health care workers. This thesis focuses on a narrower target group – the nurses and paramedic emergency medical services. These experts often find themselves in tense situations where they must respond professionally, not only to patients but also their family and immediate surroundings. Very often they are exposed to coercion, insults and sometimes even physical attacks. In spite of these stresses, they still must carry out their duties in a professional manner. Little wonder, then, that burnout among medical workers is a very common medical diagnosis.

## **Keywords:**

Burnout syndrome, stress, stress situation, emotional exhaustion, cognitive fatigue, overall fatigue, chronic stress, depression, mental condition, frustration.