

Abstract

BACKGROUND: This study focuses on a very sensitive and underestimated topic of drug addiction among medical staff. There is necessary interdisciplinary approach, focusing on psychosocial and environmental factors involved in the etiology of addiction among medical staff. The profession of paramedical staff demands to work with people and responsibility for their lives, so it is important that this work must be performed by a person in mental and physical well-being for performing adequate quality of care. Despite the awareness and exploration of burnout syndrome, the occurrence is still a current issue. Manifested mainly as a reaction to the working stress (Kebza, Šolcová, 2004). This working stress may penetrate also into the overall quality of life (Křivohlavý, 2013). Frequent helper in the stages of burnout syndrome is drinking alcohol, which shows the effects of antidepressants, which can be progress to alcoholism in certain situations (Ühlinger, 2009).

OBJECTIVES: The research objective of this study is to determine the relation between alcohol consumption, occurrence of burnout syndrome and subjective evaluation of life quality among paramedical staff working in the hospital.

METHODS: The study was performed by quantitative form and realized through standardized psychological instruments: AUDIT test, questionnaire WHOQOL-BREF and SMBM. Sampling was conducted through intentional (purposeful) choice when were selected persons that meet our given criteria (paramedical staff) and which were interested to participate. The research group was represented by 252 respondents, who are non-medical healthcare staff, working in a medical facility. For data analysis was used Spearman correlation test and analysis of variance model.

RESULTS: Studied population showed only 11% of respondents with possible problems caused by alcohol. The symptoms of burnout syndrome in different scope face the majority of respondents. We do not reject that the results of the AUDIT questionnaire and SMBM can be independent. Equally is the case with results of AUDIT test and WHOQOL questionnaire. The results may be affected by a low incidence of alcohol related problems.

CONCLUSION: Our survey didn't establish significant correlation between the studied phenomena, but these results do not exclude occurrence in the elementary sample of paramedical staff. Already the results of the questionnaires was not showed the presence of alarming problems, which could be caused by non-participation of persons confronted with these problems. It is necessary to pay attention to the occurrence of problems in these areas, take care of the mental and physical aspects of the employees at the level of the healthcare system, because it is a profession responsible for human lives.

Keywords: alcohol, addiction, burnout syndrome, quality of life, non-medical healthcare staff