



Fund “Nauka” Project № 22018 Resume – Competition-Based Session 2022:
“Integrated strategies and models for preventing professional burnout and coping
with stress among healthcare professionals”

Project leader: Assoc. prof. Anna Hristova Todorova, MPharm, MD, PhD

The goals of the project are to study the factors that have an impact on the level of occupational stress and burnout among frontline healthcare professionals and based on that to develop a strategy and specific models for the prevention of professional burnout.

The research tasks are:

1. To analyze the international experience and best practices for reducing burnout levels in healthcare professionals;
2. To study the level of occupational stress and burnout in frontline healthcare professionals who have face-to-face interactions and interpersonal contacts: GPs, emergency physicians, pharmacists and public health inspectors;
3. To study the working environment factors that affect burnout;
4. To assess the quality of life and degree of anxiety and depression in healthcare professionals and their relation to burnout;
5. To propose a strategy and specific models for the prevention of professional burnout.

Materials and methods: The survey will cover the Northeastern region. Anonymous questionnaires will be used including validated tools: MBI for burnout, HADS for anxiety and depression, EQ-5Q-5D for a quality of life assessment and the Perceived Stress Scale, as well as a personalized questionnaire to assess the risk of occupational factors.

Expected results:

1. The best practices for reducing occupational stress can be adapted to Bulgaria;
2. Occupational stress among healthcare professionals is high and this is a pre-condition for burnout;
3. Burnout affects healthcare professionals’ mental health and quality of life;
4. The development of a strategy and specific models based on the identified risk factors will contribute to improving the efficiency of healthcare professionals.