

Summary

Aim: To sum up the existing knowledge of burnout syndrome (hereinafter referred to as BS). Through a questionnaire survey, to determine the awareness of BS between dental hygienists (DH), respectively dental hygiene students suffering from BS. Describe this issue from the BS perspective. Using a leaflet to recap BS prevention.

Introduction: DH has several pitfalls that can be a risk factor for the emergence or development of BS. This profession requires high emotional commitment, excellent manual skills and working without assistance. These factors can affect the psychological side and consequently lead to its occurrence and development. Therefore, it is necessary for every DH to have some awareness of the BS threat and to be able to recognize general symptoms.

Material and Method: Two anonymous questionnaires were created on google.com, which focused on experienced DH and dental hygiene students. The questionnaires were distributed via social networks and emails. The questionnaire for DH consisted of 13 questions and was elaborated by 70 DH. The student questionnaire contained 11 questions, with 71 students being processed. In addition, a case report was presented that regarded the DH who suffered from BS. The collection of necessary data for the case history was conducted by anamnesis, answered questionnaire and by a list of 65 questions that were answered during an intensive oral interview. The obtained data were processed in Word 2016 programme. The last part is comprising a leaflet, which recapitulated the precautionary measures.

Results: 96 % of experienced DH confirmed knowing the concept of BS, while 90 % of whom know the actual BS definition. 91% of students know the term BS, and 79 % of students assume that the DH profession belongs to the risky professions for the occurrence of BS.

Conclusion: The knowledge of BS both at the DH and dental hygiene students is fairly good, although almost half of DH do not have enough time for rest and out-of-work activities. The risks of BS should not be underestimated. DH should focus more on preventative measures of BS.

Key words: Burnout syndrome, stress, prevention