

Poster

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Poster 16

[P-16-04] Sleep quality affecting burnout syndrome among practical and registered nurses in Siriraj hospital

*Chayangkoon Poomkamjorn¹, Kamonporn Wannarit¹, Panate Pukrittayakamee¹, Ubol Hunkaewchompoo¹ (1. Siriraj hospital, Mahidol university (Thailand))

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Importance

Burnout is a critical issue affecting nurses globally, impacting not only their mental health and job satisfaction but also the quality of care delivered to patients. Sleep disturbances have increasingly been recognized as a potential and modifiable contributor to burnout.

Objective

To explore the relationship between sleep quality and burnout syndrome among practical and registered nurses at Siriraj Hospital.

Design, Setting, and Participants

This cross-sectional study was conducted at Siriraj Hospital and included 170 practical and registered nurses. Participants were recruited through voluntary enrollment and completed an online self-administered questionnaire.

Exposures

Sleep quality was assessed using the Thai version of the Pittsburgh Sleep Quality Index (PSQI). Based on established cutoffs, respondents were categorized into “good sleep” (n = 43; 25.3%) and “poor sleep” (n = 127; 74.7%) groups.

Main Outcome and Measures

Burnout was evaluated using the Thai version of the Copenhagen Burnout Inventory (CBI), focusing on total burnout scores (CBI-T). Statistical analyses included descriptive statistics, chi-square tests, and binary logistic regression.

Results

Burnout was significantly more prevalent among participants with poor sleep quality: 40.2% in the poor sleep group reported burnout, compared to 18.6% in the good sleep group ($p = 0.010$). Multivariable regression analysis revealed a significant association between poor sleep and increased burnout risk, with a regression coefficient of 0.186. This corresponds to an 18% higher likelihood of burnout in poor sleepers, with a 95% confidence interval of 10% to 35%.

Conclusion

Poor sleep quality is strongly linked to a higher risk of burnout among nurses. These findings highlight the importance of addressing sleep health as part of strategies to prevent burnout and support the well-being of healthcare professionals.