

BURNOUT SYNDROME IN MEDICAL STUDENTS: AN INTEGRATIVE REVIEW

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ABSTRACT: Burnout Syndrome is characterized by a severe state of emotional, mental, and physical exhaustion, typically resulting from a situation that generates continuous stress. The objective of the study was to understand the impact of Burnout Syndrome on the academic formation of medical students. This is an integrative literature review with data searches in the databases: Scielo, UpToDate, and Lilacs. Publications from the last 5 years were selected; among them, 10 scientific works were used. The medical course is expensive, difficult, and involves several stages: preparation for the entrance exam, admission to college, and subsequent graduation. Medical students tend to develop this syndrome more easily due to the extensive hours dedicated to studies, the lack of leisure time, and the pressure imposed by professors, family members, and the students themselves. Additionally, the symptoms can affect the quality of studies, leading to poor academic performance and consequently increasing levels of anxiety and stress, which are deliberative factors for the emergence of the pathology. Moreover, the information overload combined with the suffered tension can generate anxiety, depression, attention deficit, and even suicidal ideation. Conclusion: It is essential that universities, families, and the students themselves recognize the risk and commit to developing activities that promote mental health, preventing, identifying, and removing possible stressors, thus reducing the incidence of Burnout Syndrome. Psychopedagogical and psychological assistance groups can also be created to early identify the syndrome and other mental pathologies.

Keywords: Student Exhaustion; Burnout; Anxiety; Medical Students.