

BURNOUT SYNDROME IN NURSES SPECIALISTS REHABILITATION

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Introduction: Currently, studies taking into account the incidence of *burnout* in Nurses Rehabilitation Specialists (NRS) are scarce, a fact which reinforces the need for further investigations in order to be able to understand the real impact of this syndrome in this professional category. This study aimed to determine the occurrence of *burnout* in NSR and determine whether there is any relationship between the different domains of *burnout* and sociodemographic aspects, and psychosocial work.

Methods: We conducted a cross-sectional, quantitative and analytical, which was attended by 117 NSR carrying out functions in various health institutions Portuguese's, aged between 27 and 57 years. To measure the variables used the following instruments: Scale MBI-GS, General Labor Satisfaction Scale, Scale My Health Locus of Control Scale and Levenson's Global Self-Esteem Scale for adults.

Results: With regard to levels of *burnout* in NSR conclude that men have higher rates in the dimensions "physical and emotional exhaustion" and "cynicism" compared to women with an average ranking of 11,89 vs 11,57 and 9,56 vs 9,48, respectively; the dimension "professional effectiveness" are women who are more prone to *burnout*, with an average ranking of 31,20 vs 30,11. The data reveal that there are significant influences of variable working "time professional in the art." Are obtained also for any significant influences of the psychosocial variables: *locus* control and self-esteem.

Conclusion: The evidence found in this study invite us to prepare and reflect on new strategies of intervention training and information aimed at promoting labor welfare of these subjects.