



# THE PREVALENCE OF BURNOUT IN MIDWIVES AND THE ASSOCIATED FACTORS – LITERATURE REVIEW



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## INTRODUCTION

Midwives are at great risk for burnout due to occupational stress factors they are exposed to, including high levels of responsibility, and emotionally involving work.<sup>1</sup>

Burnout in midwives decreases the quality of care they provide for women and their families and increases the risk of patient safety incidents<sup>2</sup>, mistreatment of women and abusing authority during childbirth.<sup>3</sup>

## OBJECTIVES

The aim of this literature review was to describe the prevalence of burnout among the midwives and the associated factors. Research questions were:

1. What is the prevalence of burnout in midwives?
2. What are the associated factors with a burnout in midwives?

## METHODS

- Literature search in May 2021
- 3 databases – Pubmed, Web of Science, Scopus
- Criteria: published 2016-2021, in English, peer-reviewed academic journals
- Search terms: “midwife” AND “burnout”
- 266 articles found --> reduced to 12 articles + 2 additional found --> 14 articles analysed
- 7 studies set in Europe, 3 in Australia + 1 in New Zealand, 2 in Asia, 1 in Northern America

## RESULTS

- Burnout was moderately to severely present in all included studies
- Burnout was more reported in Jordan and United Kingdom, less in Norway
- A total of 28 factors associated with burnout in midwives were identified. They were categorised as either personal or work-related. They can be both contributing to burnout or protecting against burnout.
- Clinical midwives are at greater risk for burnout which has serious implications for delivery of high quality, patient-safe maternity care, and can have long lasting negative effects for the families.

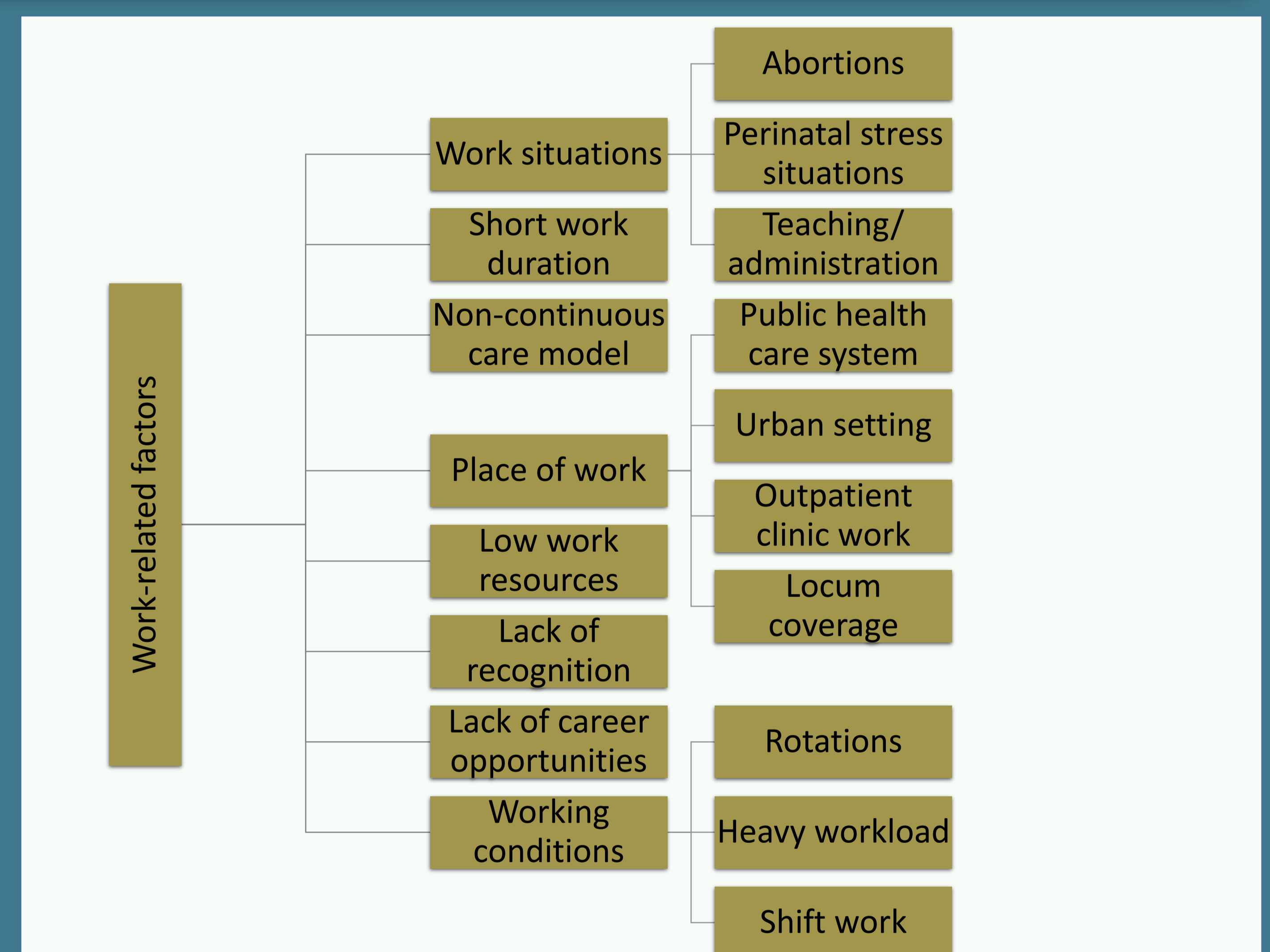
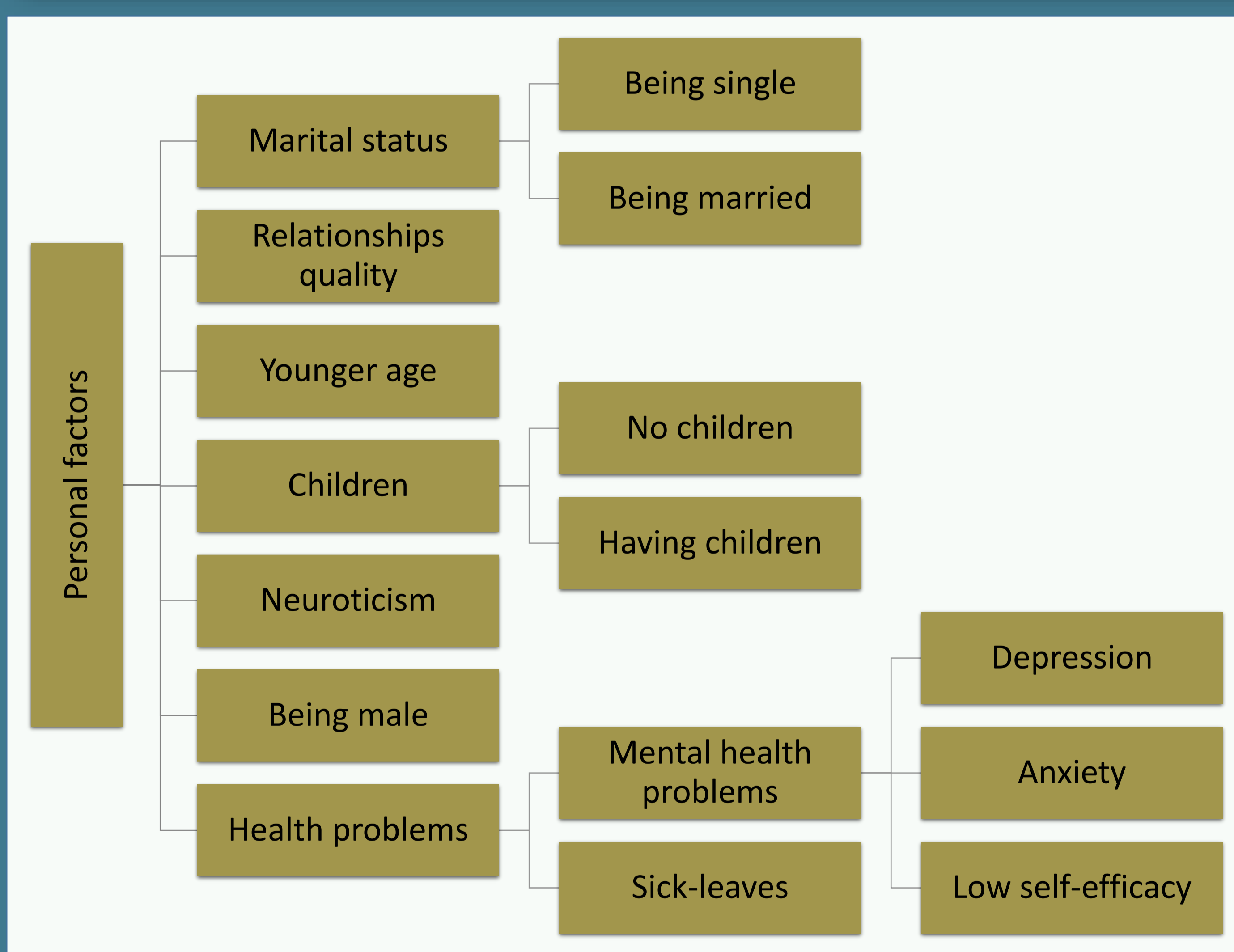


Figure 1. Personal associated factors with burnout in midwives

Figure 2. Work-related factors with burnout in midwives

## CONCLUSIONS

Burnout in midwives is moderately to severely present all over the world. A total of 28 factors associated with burnout in midwives were identified, which were either personal or work-related. Burnout in midwives affects their job performance putting at risk both women’s and their children’s lives and emotional well-being. The instances where abusing authority and mistreating women occur impact negatively not only the midwives and families in question but also the midwifery community. It is important to acknowledge the impact of burnout and to take precautionary steps to lessen burnout and increase patient safety.

More studies on both burnout in midwives, and associated factors and their impact on patient safety should be done. This will help to better understand the experiences of midwives and burnout’s impact on women and their families.

References: <sup>1</sup>Geraghtly et al. (2019) Fighting a losing battle: Midwives experiences of workplace stress. *Women and Birth*, 32, 297-306. <sup>2</sup> Hunter et al. (2019) Midwives in the United Kingdom: Levels of burnout, depression, anxiety and stress and associated predictors. *Midwifery*, 79, 102526. <sup>3</sup> Bohren et al. (2015) The mistreatment of Women during Childbirth in Health Facilities Globally: A Mixed-Methods Systematic Review. *PLoS Medicine*, 12(6): e1001847.