

important effect attenuating the link between pain and depression in palliative care.

Keywords: Pain; Depression; Palliative patients; Self-compassion

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The repercussions of burnout among health care professionals in medical oncology in tunisia

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Introduction: Freudenberger was the first to define burnout as a feeling of helplessness and guilt, as well as boredom and disinterest.

Objectives: Our study aimed to analyze functional complaints and the behavior of healthcare professionals in this area associated with this syndrome.

Methods: This was a cross sectional study including health care professionals in medical oncology working in public hospitals in Tunisia. It was carried out from 15 January 2019 to 15 June 2019. Health professionals were asked to answer the Maslach –Burnout Inventory Test. **Results:** The average age was 34 years \pm 6.7. Burn-out was found in 15 of the participants, (21%). In our population, a high emotional exhaustion score was significantly associated with its repercussions: Sadness, Blockage, sleep disturbances, unexplained pain, Epigastralgia / fatigue, Addictive behavior ; avoidance behavior, repercussions on the relationship with those around them, desire for a transfer, regret for choosing a profession, suicidal thoughts, absenteeism and smoking. A high depersonalization score was significantly associated with several functional and behavior complaints, in particular: irritability, anger, feeling of indifference, guilt, unexplained pain, decreased performance, suicidal thoughts. A low personal achievement score was significantly associated with psychotropic drug use. Global burn-out was significantly associated with feeling of blockage, guilt, unexplained pain, epigastralgia and fatigue, addictive behaviors and avoidance behaviors as well as suicidal thoughts, absenteeism and consumption of psychotropic drugs.

Conclusions: Through its impact on professionals, burnout in medical oncology represents a major threat to the quality of care and the survival of institutions.

Keywords: burn out; oncology

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Burnout among health care professionals in medical oncology in tunisia

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Introduction: Burnout syndrome concerns 27.8% of the general working population against 37% among doctors.

Objectives: This study aimed to report the prevalence of burnout among health care professionals in medical oncology in Tunisia.

Methods: This was a cross sectional study including health care professionals in medical oncology working in public hospitals in Tunisia. It was carried out from 15 January 2019 to 15 June 2019. Health professionals were asked to answer the Maslach –Burnout Inventory Test. Three scores allowing to locate the burn-out state of the person: the Score of emotional exhaustion (SEE), the Depersonalization score (SD) and the Score of personal achievement at work (SAP).

Results: Le taux de participation était de 58,3%. La combinaison d'un SEE élevé, d'un SD élevé et d'un SAP bas définit le syndrome de Burn-out. Le SEE était élevé chez 44 travailleurs (63%), indiquant un épuisement émotionnel sévère. Un SD élevé a été trouvé chez 37 répondants (53%). La majorité des participants (59%) avaient un PAS faible. Le burnout est défini par l'association chez la même personne d'un épuisement émotionnel élevé, d'une dépersonnalisation élevée et d'un faible rendement personnel. Cela a été trouvé chez 15 des participants (21%). Selon l'étude analytique, le sexe féminin était significativement associé à un SEE élevé, un SAP bas et un épuisement global. Le travail de nuit était significativement associé à un degré élevé de dépersonnalisation et à un degré élevé d'épuisement général.

Conclusions: Burnout is linked to an increasingly ergonomic load. Health care professional, particularly in oncology, are frequently faced to this syndrome.

Keywords: burnout; oncology

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Burnout and predisposing factors in medical oncology in tunisia

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Introduction: Health care professionals are particularly concerned with burnout

Objectives: This study aimed to evaluate the the factors predisposing to occupational burnout

Methods: This was a cross sectional study including health care professionals in medical oncology working in public hospitals in Tunisia. It was carried out from 15 January 2019 to 15 June 2019. Health professionals were asked to answer the Maslach –Burnout Inventory Test.

Results: The mean age was 34 \pm 6.7 years [23 - 57]. The sex ratio was 0.22. Our study population included 37 doctors (53%) and 33 nurses (47%). The inappropriate working conditions mentioned by the participants were as follows: The requirements of patients and their families (91.5%), the lack of resources (87%), overwork found (83%), unsatisfactory effort- salary ratio (83%) and the reduced number of staff (77%). Several Burn-out factors mentioned by the participants were significantly associated with a high