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COMPARISON OF BURNOUT AND POSTTRAUMATIC STRESS MANAGEMENT IN PREHOSPITAL HEALTHCARE WORKERS

Mustafa YILDIZ^{1*}, Murat SEZGİN², Reyhan ÖZTÜRK ERDEM³

¹ Yeni Yüzyıl Üniversitesi

² Kırıkkale Üniversitesi

³ İstinye Üniversitesi

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*Corresponding author: Mustafa YILDIZ

Yeni Yüzyıl Üniversitesi

Abstract

Pre-hospital emergency medical workers are exposed to direct traumatic events and high workload burden because of burnout syndrome And are at high risk for post-traumatic stress disorder (PTSD). This article discusses two situation reasons, consequences And Management methods are examined comparatively. The findings are particularly relevant to trauma chic exposure burnout shows that there is a strong relationship between PTSD.

Keywords: *Prehospital emergency medical services, ambulance personnel, burnout syndrome, post-traumatic stress disorder (PTSD), psychological trauma, occupational stress, professional burnout, emergency medical workers, psychological resilience, stress management*

Entrance

Emergency medical workers face high levels of stress due to the nature of their duties. intervention requiring Most events contain traumatic elements that affect employees' emotional resilience. Burnout syndrome emotional exhaustion , depersonalization, and a decreased sense of personal accomplishment characterized while ; posttraumatic stress disorder (PTSD) is a re-experiencing,

avoidance , and extreme arousal symptoms with These two situations often go hand in hand . And each other triggers.

This article burnout and the frequency of PTSD in pre-hospital healthcare workers, its causes of development and its effects And intervention methods detailed is examined in this way.

Burnout Syndrome

Burnout syndrome is one of the most common occupational psychological problems in the healthcare field. In their employees, seen rates are high. The main reasons for this are heavy workload, sleep due to shift patterns, problems, continuous trauma, exposed stay, and social support lack of exists.

The main consequences of burnout are:

- Emotional and physical fatigue
- Significant decline in work performance
- Loss of empathy and depersonalization
- Increased probability of making mistakes
- From work separation tendency

Long-term burnout is closely linked to the development of PTSD, as well as depression and anxiety disorders. Therefore, burnout. Early detection is of critical importance.

Posttraumatic Stress Disorder (PTSD)

PTSD is a disease that occurs after exposure to a traumatic event and significantly affects a person's quality of life. dropping One It is a discomfort. Ambulance workers are not liable to such incidents due to their duties. frequently testimony does.

Examples of events that can lead to PTSD:

- Child deaths
- Violence, threats or assault
- Mass accidents
- Cases with severe trauma
- Suicide initiatives

Symptoms of PTSD include nightmares, reliving the event, intense avoidance behaviors, and reminding from situations withdrawal, irritability, difficulty concentrating, and hyperarousal. PTSD treatment when not done LONG temporary psychological and can lead to physical health problems.

Comparing Burnout and PTSD

They frequently coexist in prehospital healthcare workers. more A lot While PTSD occurs due to chronic work stress, PTSD develops after a sudden and intense traumatic event.

These two situation comparative evaluation:

- **Common Points:**
 - Exposure to trauma
 - High stress
 - Lack of social support
 - Excessive workload
- **Differences:**
 - Burnout is a chronic process; PTSD occurs after trauma.

Burnout is marked by loss of motivation and energy; PTSD includes symptoms of re-experiencing and avoidance.

- Professional therapy is essential for PTSD, burnout can be reduced by improving working conditions.

Management Strategies

Should be implemented at both institutional and individual levels. comprehensive interventions requires.

1. **Organizational Strategies**
 - Creating employee support programs

- Regular psychological evaluation
- Post-traumatic debriefing practices
- Improving task distribution and shift patterns
- Increasing the number of personnel
- Occupational violence prevention policies implementation

2. **Individual Strategies**

- Mindfulness practices
- Regular physical activity
- Emotional resilience training
- Participation in support groups
- In necessary cases professional help taking

3. **Treatment Approaches**

- EMDR
- Cognitive Behavioral Therapy
- Trauma-focused psychotherapies
- Psychiatric medication (when necessary)

Applying these methods together is the most effective approach to protecting the psychological health of employees.

Conclusion

Burnout and post-traumatic stress disorder in pre-hospital healthcare workers, nature of working conditions

It is widely seen that these two conditions should be managed through early diagnosis and intervention, thus protecting employee health and improves service quality. It is crucial for institutions to develop policies for employee mental health and strengthen psychological support mechanisms.

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