Evaluation of the Quality of Life of Anaesthesiology Residents and Attendings in Portugal

J. Pedreira¹, C. Lanzaro¹, L. Ferreira¹, A. Bernardino¹, M. L. Bela¹

1. Centro Hospitalar e Universitário de Coimbra, Portugal

Background

In a highly competitive personal and work environment of tremendous daily pressure in the area of Anaesthesiology, it is necessary to invest in practices which conduct to a balance of challenges, expectations and self-fulfilment, in order to improve the **quality of life (QoL)** of professionals.

The **goal of this study** is to evaluate the QoL of residents and attendings of Anaesthesiology in Portugal and to identify the factors that influence it.

Materials and Methods

Type of Study	Observational descriptive analytical
Target population	Anaesthesiology residents and attendings in Portugal
Data collection	Online questionnaire, sent by email October to November 2017
Variables	Demographic data
	Work data
	WHOQOL-BREF¹ questionnaire (Portuguese version): 5-point Likert-type scale, with 2 items of general QoL assessment and 24 items organized in 4 domains: physical, psychological, social and environmental
	Scores were converted into a 0-100% scale Higher scores indicating better QoL
Statistical analysis	<u>Descriptive</u> : frequencies, percentages and medians <u>Analytical</u> : t-test, ANOVA, Spearman correlation $\alpha = 0.05$; SPSS 24.0®

Results

110 physicians 56 residents 54 attendings	Median age 31 years old (min 26 – max 62)	Median time as attending 9,5 years
--	--	--

Table 1. Sample characterization

Variable	N (%)	Variable	N (%)
Gender	Feminine 80 (72,7%) Masculine 30 (27,3%)	University hospital	67 (60,9%)
Marital status	Single 48 (43,6%) Married 58 (52,7%) Divorced 4 (3,6%)	Country region	North 32 (29,1%) Centre 48 (43,6%) South 28 (25,5%)
With children	41 (37,3%)		

Chart 1. Hospital activity

Chart 2. Weekly workload (hours)

Chart 3. Other variables

Table 2. General QoL and other domains; comparison between residents and attendings

Domains	Total	Residents	Attendings	p
General QoL	71,4 ± 19,0	73,9 ± 18,2	68,7 ± 19,7	0,158
Physical	78,3 ± 12,6	78,9 ± 11,8	77,7 ± 13,5	0,623
Psychological	77,0 ± 13,5	77,6 ± 13,9	76,5 ± 13,2	0,661
Social	73,8 ± 17,1	76,0 ± 14,9	71,4 ± 18,9	0,160
Environment	71,2 ± 13,2	73,4 ± 12,5	69,0 ± 13,8	0,081

Table 3. Factors influencing general QoL and other domains

Domains	Leisure (+)	Chronic disease (-)	Medication (-)
General QoL	p = 0,005*	p = 0,003*	p = 0,010*
Physical	p = 0,047*	p < 0,001*	p = 0,006*
Psychological	p = 0,001*	p = 0,016*	p = 0,026*
Social	p = 0,004*	p = 0,016*	p = 0,033*
Environment	p = 0,007*	p = 0,067	p = 0,300

Discussion and Conclusions

Physicians obtained **average scores higher than 65%** in the general QoL and in the 4 domains of the questionnaire. We did not find statistically significant differences in the responses given by residents when compared to attendings.

The **domain with the best score** was the **physical domain** and the worst was the **environment domain**.

Chronic disease and habitual consumption of medication had a negative impact on general QoL and on the physical, psychological and social domains.

The **practice of leisure activities** was the only factor that **positively influenced** overall QoL and all other domains.