

# Comment: “Burnout syndrome should not be underestimated”

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The national and international literature show that health professionals have high prevalence rates of Burnout Syndrome, a phenomenon that affects mainly those who are in frequent contact with service end users. This fact can be confirmed by the results of the article “Burnout syndrome should not be underestimated”<sup>1</sup>, which found a prevalence of 77.8% of Burnout Syndrome in health professionals working in a hospital in Turkey.

Previous studies in the literature also emphasize the seriousness of the consequences of the syndrome on the physical and emotional health of professionals, among which we must highlight depression, psychosomatic complaints, drug use, intention to abandon work, absenteeism, high turnover of staff, and errors in professional practice. In this sense, the article brings an important contribution to the

scientific community by noting that Burnout Syndrome is also associated with an increased incidence of infection and trauma, such as falls and accidents. These results make it an original study that enriches and deepens the assessment of the consequences of Burnout in health professionals.

The title of the article summarizes the main conclusions by the authors, who, from the results obtained, reaffirm the seriousness of the consequences of Burnout Syndrome and alert to the urgent need to deepen the studies related to the prevention of its symptoms.

## REFERENCE

1. Güler, Y; Şengül, S; Çalıř, H; Karabulut, Z, Burnout Syndrome should not be underestimated; Rev Assoc Med Bras 2019 65 (11); 1356-1360..

