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Introduction:
Family and success in work are the most important sources of person satisfaction in life. Chronic prolonged exposure to stressful high workload in intensive care units (ICU), create a bad psychological state named burnout syndrome in which person is depressed, exhausted and thinks to leave job. In this study we made a survey on ICUs staff members in Egypt Menoufia university hospital to explore and find risk factors increase depression and burnout among nurses and doctor.

Methods:
Questionnaires were given to all intensive care staff for estimating the prevalence and associated risk factors of burnout using Maslach Burnout Inventory (MBI) with its three subscales emotional exhaustion (EE), lack of accomplishment (LA), and depersonalization (DP). Depressive symptoms using the Beck Depression Inventory Scale. Blood sample was taken for assessing depression biomarkers including IL-6, tumor necrosis factor (TNF)-alpha, and coenzyme Q10 (CoQ10), which appears to be one of the most reliable peripheral biomarkers.

Results:
100 participants were respond in our survey from 127 ICU members the response rate was 78.7%. The depression symptoms found increased in nurses more than physicians in ICU with more desire to leave the job. There was strong correlation between the degree of depression symptoms and decrease percent of personal accomplishment. Impaired personal relationships at work and increased night shifts were major risk factors of burnout syndrome.
Levels of the proinflammatory cytokine (IL6 and TNF alpha) were elevated in members who recorded sever degree of depression score with decrease in concentration of Co-enzyme Q10.

Conclusion:
The health workers in ICU had high liability for depression and burnout syndrome. The risk factors differ between nurses and doctors. IL6, co-enzyme Q10 and TNF alpha concentrations had good correlation with degree of severity of symptoms.