**ENFERMAGEM
DO TRABALHO**

Burnout among Italian and Portuguese nurses

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I. troductio. a. d Aims: According to the World Health Organization (Jylha et al., 2017), in Europe, nurses represent the majority of health professionals, having a key role in health care delivery systems. However, in their job contexts, they are facing more and more demands that contribute to the increase of stress and burnout, which seems to be similar in different countries (Iro, 2018) and has been highlighted in several empirical studies or systematics reviews (Li, Cheng & Zhu, 2018; Marques et al., 2018; Monsalve-Reyes et al., 2018; Pradas-Hernandez et al., 2018). This study aims to identify and to compare burnout levels in a sample of Italian and Portuguese nurses, and to verify how they vary according to socio-demographic/job characteristics.

Methodology: Through snowball method we applied online, during June 2018, the Oldenburg Burnout Inventory (Demerouti et al. 2003) to a sample of 180 Italian and 150 Portuguese nurses, who voluntarily participated, being 87% women, 62% working in public hospitals, 18% in private hospitals and 20% in primary health care, 17% with precarious contract, 76% working in shifts, aged between 22-58 years (M=38.17) and having job experience between 1-38 years (M=14.45).

Results a. d Discussio. : Comparative analysis revealed that Portuguese nurses present higher levels of emotional exhaustion and disengagement, with 22% of Portuguese nurses and 13% of Italians having high exhaustion level. Sociodemographic/labour variables influence more in Portugal, with greater disengagement in men, less exhaustion among nurses with more graduation, and less exhaustion and disengagement among nurses in primary care (and more among nurses working in private hospitals). These results confirm that nurses are a vulnerable group to burnout (Monsalve-Reyes et al., 2018; Pradas-Hernandez et al., 2018).

Co. clusio. s: The percentages of high emotional exhaustion between 13-22% constitute a warning sign for the sickness process of these nurses, and, despite some differences between countries, it is important to invest in occupational health of these professionals and apply to them, in the area of Occupational Health Nursing (Borges, 2018) burnout prevention programs that combine individual and organizational interventions (Ahola, Toppinen-Tanner & Seppanen, 2017; Awa, Plauman & Walter, 2010).

○ **KEYWORDS:**
Burnout; Comparative study; Italy/Portugal; Nurses.