Work-related Quality of Life among Medical Residents at a University Hospital in Northeastern Thailand

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Background: Work related quality of life among medical residents could affect the quality of medical care and have never been studied. The objective of this study was 1) to study of work-related quality of life among medical residents at a university hospital in northeast of Thailand. 2) to determine the association between the personal factors and quality of work life among medical residents.

Methods: A descriptive study was used to describe the quality of work life the medical residents. The study population consisted of all 375 residents affiliated with the university hospital. A Thai version of a self-administered work-related quality of life scale was used for data collection.

Result: Testing the reliability was found Cronbach’s alpha 0.908. Two hundred and fifty nine out of 375(68.3%) completed the questionaires. The study found that the residents’ mean rating for overall work-related quality of life was 113.8 out of a possible 170 (SD 14.8). Most residents rated quality of work life as moderate (76.6%). The seven sub-factors on the scale were rated as: moderate to high for employee engagement and control at work, moderate for home/work interface, general well-being and working conditions, high - moderate for job career satisfaction, and low-moderate for stress at work. Relationships between personal factors and quality of work-life were analysed using binary logistic regression. Residents in minor wards had higher quality of worklife ratings than those in placed in major wards (OR 2.522, 95%CI : 1.37,4.63 ). Residents who had less than, or equal to, 8 duty shifts per week had higher quality of work life ratings than those with more than eight duty shifts per week (OR 2.263, 95%CI : 1.16,4.41). Similarly, residents with less than, or equal to, 80 hours per week had higher quality of work life rating than those working more than 80 hours per week (OR 2.344, 95%CI : 1.17,4.72). When analyzing these factors (subgroup analysis) found that are correlated significant with high quality of work life is less than, or equal to 8 duty shifts per week found minor wards had higher quality of work life ratings than those major ward (OR 2.387, 95%CI: 1.03, 5.51) less than, or equal to 80 hours per week found minor wards had higher quality of work life ratings than those major ward (OR 2.622, 95%CI: 1.15, 5.98).

Conclusion: Therefore, resident and institute should be manage and reduce stress in workplace including properly resident

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