

A OMS inclui o desgaste profissional ou "burn-out" na sua lista de enfermidades (Classificação Estatística Internacional de Doenças e Problemas Relacionados à Saúde (CID-11) a entra em vigor em Janeiro de 2022.)

<https://www.afp.com/es/noticias/3964/la-oms-incluye-el-desgaste-profesional-o-burn-out-en-su-lista-de-enfermedades-doc-1gz03a2>

Burnout, conhecido como "burn-out" foi incorporada na Classificação Internacional de Doenças da Organização Mundial de Saúde (OMS), que é usada para estabelecer tendências e estatísticas de saúde.

A lista, elaborada pela OMS, baseia-se nas descobertas de médicos especialistas de todo o mundo.

Foi adoptado pelos Estados Membros da OMS, reunidos desde 20 de Maio em Genebra, no âmbito da Assembleia Mundial da Organização.

"É a primeira vez" que o desgaste profissional é classificado, anunciou aos repórteres, segunda-feira, o porta-voz da OMS Tarik Jasarevic.

A Classificação de Doenças da OMS fornece uma linguagem comum que facilita o intercâmbio de informações sobre saúde entre profissionais de saúde de todo o mundo.

*O burnout profissional, que foi incorporado na secção "problemas associados" de emprego ou desemprego, terá o código **QD85**.*

Ele foi descrito como "uma síndrome [...] resultante de stress crónico no trabalho que falha em ser controlado com sucesso" e é caracterizado por três elementos: "uma sensação de exaustão", "sentimentos cínicos ou negativos relacionados com o seu trabalho e "eficiência profissional reduzida".

*O registo da OMS afirma que o desgaste profissional "refere-se especificamente a fenómenos relacionados ao contexto profissional e **não deve ser usado para descrever experiências em outras áreas da vida**".*

A nova classificação, denominada CIP-11, publicado no ano passado, foi adoptada durante este ano da Assembleia Mundial, número 72 e entrará em vigor em 01 de Janeiro de 2022.

Inclui novos capítulos, um dos quais é dedicado à saúde sexual. Abrange outras condições listadas acima classificadas como a "incongruência de género" como transexualidade até então classificados na secção de doença mental.

*O **distúrbio dos videojogos** foi adicionado à secção de **transtornos de dependência**. A nova classificação da OMS também propõe um novo capítulo sobre medicina tradicional.*

All ancestors up to top

- 24 Factors influencing health status or contact with health services
 - Factors influencing health status
 - Problems associated with employment or unemployment
 - QD85 Burn-out

Description

Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions: 1) feelings of energy depletion or exhaustion; 2) increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and 3) reduced professional efficacy. Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.

Exclusions

- Adjustment disorder ([6B43](#))
- Disorders specifically associated with stress ([6B40-6B4Z](#))
- Anxiety or fear-related disorders ([6B00-6B0Z](#))
- Mood disorders ([6A60-6A8Z](#))

Burnout Is Now A Legitimate Medical Condition: WHO

28 May 2019, 6:22 am EDT By [Naia Carlos](#) Tech Times

<https://www.techtimes.com/articles/243828/20190528/burnout-is-now-a-legitimate-medical-condition-who.htm>

- The World Health Organization is recognizing burnout as an official medical condition with its inclusion in the latest version of the International Classification of Diseases.
- The ICD is WHO's handbook meant to guide medical professionals in diagnosing diseases. Now, [burnout](#) from work is officially part of this collection of health conditions.
- It's the first time that professional burnout has been officially categorized as a disease, [according](#) to WHO spokesperson Tarik Jasarevic in an AFP report. The international organization agreed to include it in the updated handbook during the recently concluded World Health Assembly in Geneva.

What Is Burnout?

- The WHO [describes](#) burnout as a condition "conceptualized as resulting from chronic workplace stress that has not been successfully managed." It's not simple stress, but prolonged stress that has not been addressed or managed properly.
- The condition classified under problems that are associated with employment or unemployment.
- According to the ICD, burnout can be diagnosed with three distinct characteristics including [feelings of energy depletion or exhaustion; increased mental distance or feelings of negativism or cynicism regarding one's job; and reduced professional efficacy.](#)
- WHO also noted that burnout [specifically refers to a condition experienced in the context of work.](#) It shouldn't be used to describe various experiences in other areas of life. Additionally, other conditions such as anxiety and mood disorders should be ruled out before burnout is diagnosed.
- The latest version of the ICD also lists video gaming as an official health condition, listing it as an addiction just like gambling and drugs.

More Facts About Burnout

- Experts have been studying burnout for many years, [especially in the field of medicine](#) where occupational burnout is linked to lower quality in patient care and can even lead to malpractice lawsuits and loss of lives.
- A recent study [found](#) that physician burnout costs the United States health care system about \$4.6 billion every year, particularly in physician turnover and reduced clinical hours.
- It's not just in the health industry that employees are finding themselves with frayed nerves. A Gallup study in 2018 [revealed](#) that 23 percent of employees feel burnout often or always, while 44 percent feel burnout sometimes.
- Additionally, burnout have been found linked to significant health problems, including type 2 diabetes, coronary heart disease, gastrointestinal issues, high cholesterol, and even death for people who are under the age of 45.
- According to the American Psychological Association, managing workplace stress [involves](#) identifying stressors and controlling responses to them. Healthy responses such as exercise and good sleeping habits are important as well as establishing boundaries from work and "switching off" to recharge from the grind.