

**STRESS AMONG MEDICAL DOCTORS WORKING IN PUBLIC HOSPITALS
OF THE NGAKA MODIRI MOLEMA DISTRICT
(MAFIKENG HEALTH REGION),
NORTH WEST PROVINCE**

BY

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MD

**SUBMITTED IN PARTIAL FULFULMENT OF THE REQUIREMENTS FOR
THE AWARD OF THE DEGREE OF MMED (FAMILY MEDICINE) IN THE
DEPARTMENT OF FAMILY MEDICINE AND PRIMARY HEALTH CARE,
FACULTY OF MEDICINE AT THE UNIVERSITY OF LIMPOPO.**

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Jun 2010

DECLARATION

I, **ELIE KIRAGA MUTUNZI**, hereby declare that the work on which this research is based is original (except where acknowledgements indicate otherwise) and that neither the whole work nor any part of it has been, is being or is to be submitted for another degree at this or any other university.

.....

SIGNATURE

.....

DATE

DEDICATION

This work is dedicated to my late brother, Ndeze Kiraga.

ACKNOWLEDGEMENT

I thank Almighty God of Rwanda (Imana) for his protection, blessing and guidance throughout my studies and this project.

I am grateful to the South African Government, through the University of Limpopo, for granting me this great opportunity for post graduate studies.

My special thanks go to my supervisors, Dr. H.I Okonta and Dr. I. Govender, whose guidance steered me to the right direction. Their advice, ideas and constructive criticisms helped me to work through this project from the very first protocol idea to this final dissertation write up.

I would like to thank the members of the Medunsa Research and Ethics Committee (MREC) under the visionary leadership of Professor G A Ogunbanjo for approving our proposal.

I am grateful to all members of staff of the Department of Family Medicine and Primary Health Care, University of Limpopo, Medunsa Campus for the immense assistance received from them. My special thanks to Mr. P. Nkuna and Mrs. Louise Erasmus for their support.

I would like to thank the North West provincial Government, Department of Health: Policy, Planning and Research Directorate and the management of the four hospitals of Ngaka Modiri Molema district for allowing me to conduct this study in their respective hospitals.

Many thanks to my colleagues, the Ngaka Modiri Molema district doctors who volunteered to participate in this study and the Vryburg district hospital doctors for their co-operation during the pilot study.

I would also thank Annah Malanga of the Department of Statistics,UNISA, for helping me with data capturing, analysis and interpretation.

My heartfelt thanks to my wife Liliane Uwera and my children Iriza, Kesha and Nyiragumino for their support and understanding during the family medicine course.

Finally, thanks to members of my extended family, relatives, friends who continuously provided me with their warm support.

ACRONYMS & ABBREVIATIONS

CME: Continuing Medical Education

DoH : Department of Health

GP: General Practitioners

ICN: International Council of Nurses

ILO: International Labor Organization

GHQ: General Health Questionnaire

NMM: Ngaka Modiri Molema

NMMD: Ngaka Modiri Molema district

NWDoH: North West Department of Health

PSI: Public Services International

UK: United Kingdom

USA: United States of America

WHO: World Health Organization

ANOVA: Analysis of Variances

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ABSTRACT

Background

There is growing concern about stress among public hospital doctors. Studies about stress in South Africa are lacking. The aim of our study was to ascertain the prevalence and level of stress among NMM district doctors; establish relationship if any, between stress and working condition, and compare the results with findings of a study done among general practitioners in a private practice.

Methods

A cross-sectional study using a standardized questionnaire was carried out among medical doctors working in 4 hospitals of the Ngaka Modiri Molema (NMM) district, North West Province, from 5th March 2010 to 21st April 2010. The 12-item GHQ was used to measure the prevalence and the level of stress. The data were analyzed using statistical software SPSS 17.0. A variety of statistical analyses were applied to the data, including cross-tabulation, analysis of variance (ANOVA). Duncan's post hoc was applied to establish relationship between stress and working conditions.

Results

Of the 67 participants in the study, 89.6% claimed feeling stressed, while 50.7% were found to be objectively stressed. The result also revealed that 26.8% of the participants were highly stressed (morbidly).

Despite the evidence of heavy workload among doctors in NMM district, no significant association was found between levels of stress and working conditions.

Conclusion:

The prevalence and level of stress among medical doctors working in NMM district are very high and they are much higher than the prevalence and level of stress found amongst General Practitioners in Kwa-Du kuza.

Doctors were all stressed irrespective of their gender, number of patients seen per day and hours worked per week.

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