



A Scoping Review of Burnout Prevalence and Determinants Among Public Sector Midwives in High-Volume Lagos Maternity Units, 2006

Chukwuma Eze¹, Chinelo Okonkwo^{2,3}, Amina Suleiman⁴, Adebayo Adeyemi⁵

¹ Agricultural Research Council of Nigeria (ARC�)

² National Institute for Medical Research (NIMR)

³ Department of Internal Medicine, Usmanu Danfodiyo University, Sokoto

⁴ Department of Surgery, Ladoke Akintola University of Technology (LAUTECH), Ogbomoso

⁵ Usmanu Danfodiyo University, Sokoto

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Correspondence: ceze@outlook.com

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Author notes

Chukwuma Eze is affiliated with Agricultural Research Council of Nigeria (ARC�) and focuses on Medicine research in Africa.

Chinelo Okonkwo is affiliated with National Institute for Medical Research (NIMR) and focuses on Medicine research in Africa.

Amina Suleiman is affiliated with Department of Surgery, Ladoke Akintola University of Technology (LAUTECH), Ogbomoso and focuses on Medicine research in Africa.

Adebayo Adeyemi is affiliated with Usmanu Danfodiyo University, Sokoto and focuses on Medicine research in Africa.

Abstract

Midwives in high-volume public maternity units in Lagos, Nigeria, work under considerable pressure, which may increase their risk of burnout. Clarifying the extent and causes of this condition is important for workforce stability and the quality of maternal healthcare. This scoping review aimed to map and synthesise the available evidence on the prevalence and determinants of burnout among public sector midwives working in high-volume maternity units in Lagos, Nigeria. A scoping review methodology was employed. A systematic search was conducted across multiple electronic databases. Peer-reviewed studies, dissertations, and relevant grey literature were considered for inclusion. Data from selected sources were charted and analysed thematically. The search identified a limited but consistent body of evidence. Findings indicate a high prevalence of burnout, with one study reporting over 60% of midwives experiencing emotional exhaustion. Key determinants were grouped into organisational factors (e.g., severe staff shortages, inadequate resources), work environment factors (e.g., overwhelming workload, ethical dilemmas), and personal factors. Burnout is a significant and prevalent issue among this midwifery population, driven by a complex interplay of systemic and individual factors. The existing evidence base, while indicating a serious problem, remains limited in scope and depth. Urgent health system-level intervention is needed to address modifiable determinants such as staffing ratios and resource allocation. Further primary research is required to explore context-specific interventions and the longitudinal impact of burnout on midwives and patient outcomes. Burnout, professional; midwifery; maternal health services; workload; Nigeria; health personnel; scoping review

This review consolidates existing knowledge on midwife burnout in a critical Nigerian context, highlights evidence gaps, and provides a foundation for policy dialogue and future research.

Keywords: *Burnout, Professional, Midwifery, Nigeria, Prevalence, Determinants, Public Sector*

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