



Prevalence and Determinants of Burnout Among Public Sector Midwives in High-Volume Lagos Maternity Units: A Brief Report

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Abstract

Midwives in high-volume public maternity units in low-resource settings face considerable occupational stressors. Burnout in this workforce threatens both provider wellbeing and the quality of maternal healthcare. Characterising its scale and drivers in major urban centres in Nigeria is required. This brief report aimed to determine the prevalence of burnout and identify its key determinants among public sector midwives working in high-volume maternity units in Lagos, Nigeria. A cross-sectional survey was conducted across three high-volume public maternity units. Burnout was assessed using the Maslach Burnout Inventory. Sociodemographic and work-related determinants were explored via a structured questionnaire. Data were analysed using descriptive statistics and logistic regression. A high prevalence of burnout was found, with 68% of midwives reporting high emotional exhaustion. Key determinants identified included excessive workload, lack of managerial support, and insufficient rest periods. Midwives working more than 60 hours per week were significantly more likely to experience burnout. Burnout is highly prevalent among midwives in Lagos's high-volume public maternity units, driven primarily by systemic workplace factors. This represents a critical workforce and patient safety concern. Immediate interventions should focus on workload management, ensuring mandatory rest breaks, and strengthening supportive supervision. Health system managers should develop and implement targeted burnout prevention programmes. Burnout, midwifery, workforce, maternal health, occupational stress, Nigeria, public health systems This report provides evidence on the prevalence of burnout among a critical cadre of maternal health providers in a major African city, highlighting systemic determinants that require policy attention.

Keywords: *Burnout, Professional, Midwifery, Maternal Health Services, Nigeria, Occupational Stress, Cross-Sectional Studies*

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