

EHMA 2024

Shaping and managing
innovative health ecosystems

Perceived need and help-seeking for psychosocial support among health and social care professionals: Survey and analysis

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Background

- **Health and social care professionals** operate in high-stress work environments and face ever-changing challenges
- Professionals' mental well-being severely affects
 1. **the quality of care**
 2. **the functionality of the health care system**
 3. **the employer and the taxpayer**

Aims of our study

- How much **health and social care professionals** experienced need for **psychosocial support** due to **work-related** situations and distress?
- How many of workers sought out and received help for these experiences?
- How many **sick-days** were taken due to **work-related distress**?

Methods

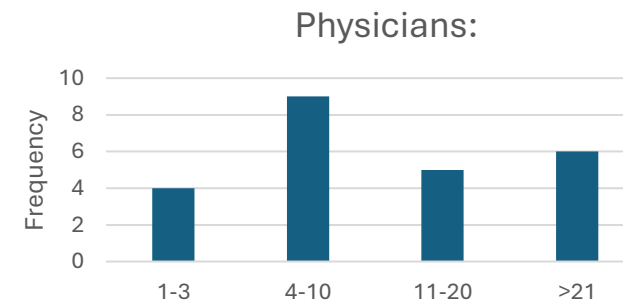
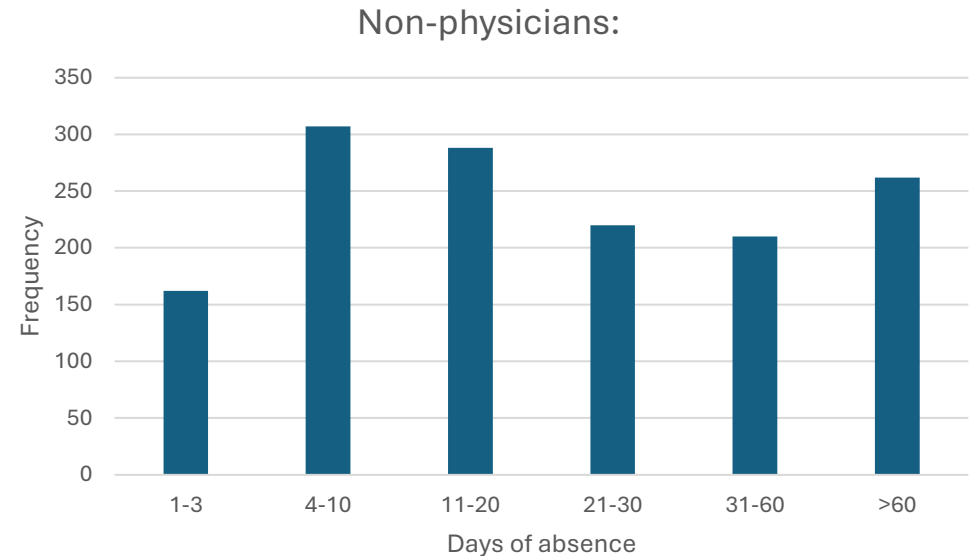
- **A mixed-questions survey** was distributed in mid- 2023 to workers through professional associations gathering data on work-related distress
- **Demographics:**
6863 answerers:
 - 169 physicians
 - 5283 nurses
 - 903 other professionals
 - 504 students on the field
- Further categorized by their specialization, education and levels of experience

Results

- **73%** experienced work-related distressing situations after which they **would have liked to discuss with a helper**
- **23% received help from the employer** so that they may continue their work as usual and another **22% searched the help elsewhere.**
- All-and-all **22%** reported having **had to take days off** due to these situations
 - Physicians: 20%
 - Nurses: 23%

Results

- **The average length sick-leave** due to work-related distress **was 30 days** for all, **20 days for physicians** with a variety of reasons
- Physicians were more likely to buy the help they needed with their own money instead of the help being provided by the employer



Discussion

- The availability for easy-access mental health support for healthcare professionals does not meet the demand.
- Based on our research, in Finland, the annual cost of lost work due to work-related mental health load can be roughly approximated:
 - For physicians around **20–60 million euros** in sick-days
 - For all social and health care workers, the cost rises to **several hundred million euros**
- **Mental health problems** caused by distressing situations at work severely impact the workers, the patient care and productivity **even when they do not result in sick days.**



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Thank you!

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