



EDITORIAL / УВОДНИК



My Dear and Honorable Colleagues,

For us in the Serbian Archives of Medicine the beginning of a calendar year is a time to thank both our authors and reviewers. We apologize to authors whose manuscripts have been rejected in the previous year, but we hope that the reviews they have received, although sometimes painful, will encourage them to improve their research and writing skills. We hope this will, in return, enable them to publish their results in journals that are more prestigious than ours is.

We owe special thanks to the reviewers for their invaluable time and suggestions. Furthermore, we are grateful to those who have exchanged messages with the editors. To those very few who remained silent, we suggest to follow the Serbian Archives of Medicine in this 148th year of publication to find out the destiny of the manuscript they missed to review.

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There is a global medical issue, which should be addressed in the best interest of clinicians of different specialties and at different phases of their training and practices. This is burnout, work-related syndrome, which nowadays reached an epidemic level, and therefore has been recognized by World Health Organization [1, 2]. Burnout does not affect physicians exclusively, it affects nurses and medical care providers as well [3, 4]. Those experiencing burnout may develop sleep disturbances, depression, alcoholism, musculoskeletal disorders, hypertension, and even ischemic heart disease.

The burnout of physicians was first described in the 1970s as syndrome of emotional exhaustion, depersonalization, and a sense of low personal accomplishment that leads to decreased effectiveness at work [5]. Burnout was investigated with emphasis on psychological presentation and management [6, 7]. The estimated prevalence of the phenomenon was reported to be 30–50% [8]. The latest report of Ganeshan et al. [9] of an online survey sent to the U.S. academic radiologists with a response rate of 27% (228/831) and estimated prevalence of burnout of 79% illustrates the magnitude of the problem. They found that the work overload, inability to balance personal and professional life, lack of autonomy, lack of appreciation from patients and other medical staff were significantly associ-

ated with high burnout. Are our clinicians exposed to those risk factors as well?

In general, medicine has made progress in the last decade, which has proven to be a challenge for health care providers and administrations everywhere [10, 11]. Medicine in Serbia has been making efforts to keep pace with the global one. Therefore, in recent years, changes have been taking place in our medical care including regulatory changes, a wide use of electronic health records, etc., but one should bear in mind that Serbia is a low-income country. Taking into consideration the 800-year-long history of Serbian medicine on one hand, and the global experiences on the other, I am sure that we will find our way to protect our profession and colleagues for the benefit of our patients.

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