



When doctors get damaged.....

A view from the frontline

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Some major current stresses

- The New Contract
- Balancing time between home & work
- Primary Care Trusts
- Clinical Governance (& appraisal, and revalidation, and all that)
- Keeping up to date
- Excessive demand / insufficient funding
- Running your business
- Paperwork & bureaucracy
- Diagnosis and treatment



Good Medical Practice

- “As a doctor you must act quickly to protect patients from risk if you have good reason to believe that you or a colleague may not be fit to practice”

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General Medical Council

Factors contributing to Stress in the Medical Profession

- Morale
- Time Pressure
- Complaints
- Change
- Pressure
- Political
- Fear
- Boredom
- Uncertainty
- Families
- Reluctance to seek help
- Denial
- ????????????????

Effects of Stress on Doctors

- Disturbed sleep
- Loss of pleasure in the things you once enjoyed
- Irritability or snappiness
- Tiredness
- Appetite change
- Inability to concentrate or make decisions
- Loss of libido
- Increasing cynicism and negativity
- Anxiety and panic
- Sense of losing control

Burnout Prevention

Belief in yourself

Unconditional Positive Regard for others

Regular Social Support and exercise

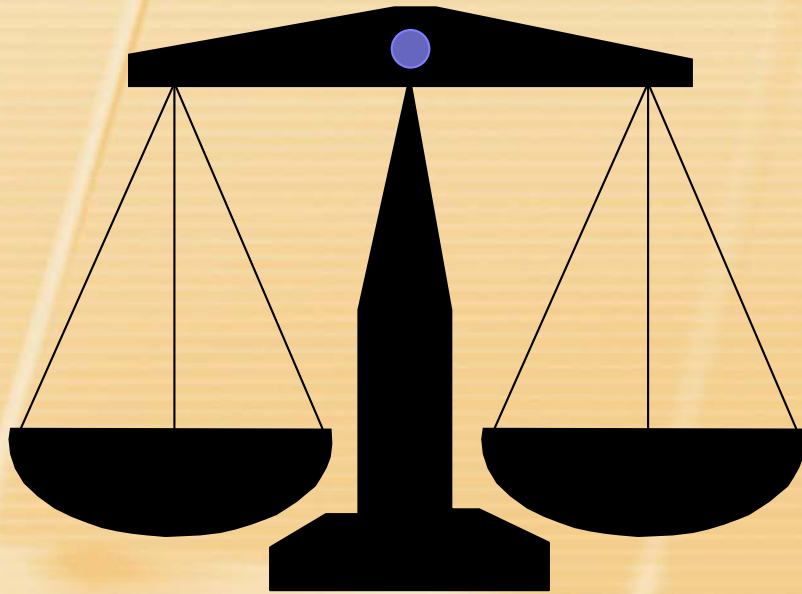
Never lose your sense of humour

Outings - breaks and holidays

Understand and develop hardiness

Time management

Balance between stressors and coping resources



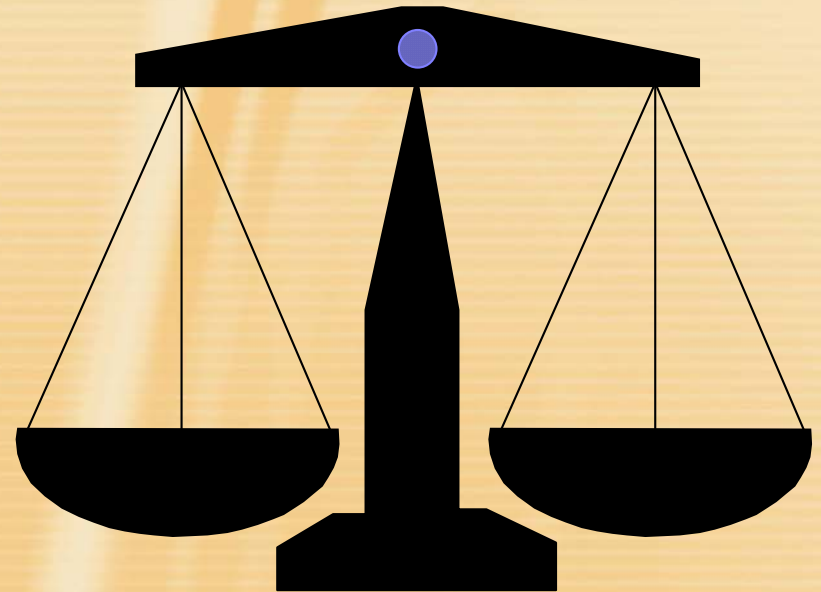
Stressors

- Hassles
- Life events
- Change
- Insecurity
- Loss

Balance between stressors and coping resources

COPING RESOURCES

- Support
- Time Management
- Exercise
- Relaxation
- Stimulation

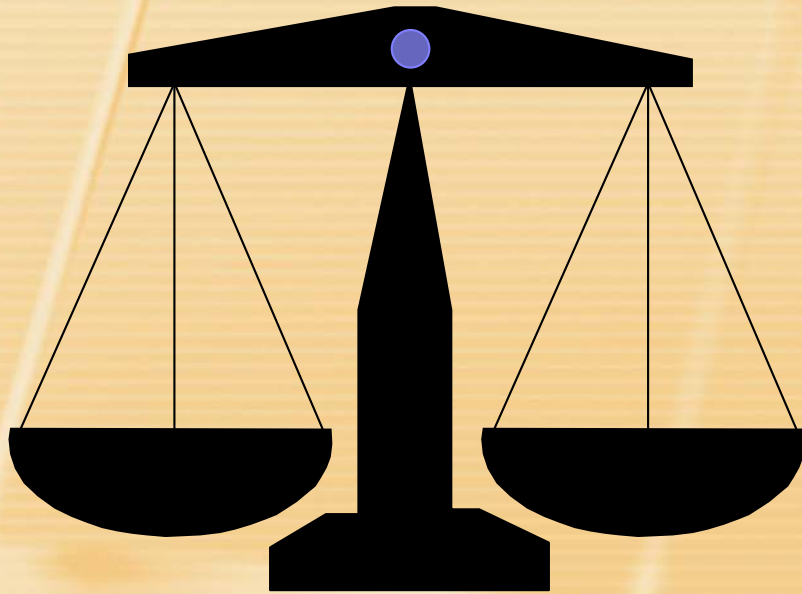




Remember.....

The Graveyards are
full of indispensable
people

Hardiness



- Commitment. Not just being passive
- Feeling and acting as if you are in control
- Using change as an opportunity

General Practice Stress Diary

Time	Stress Score	Happiness Score	Reason for Change
8 a.m.	7	5	
9 a.m.	9	3	<i>Taking kids to school. Nothing ready - as ever</i>
10 a.m.	6	5	<i>Doing Surgery</i>
11 a.m.	5	5	
12 noon	6	7	<i>Doing visits. Sunny Day</i>
1 p.m.	9	4	<i>Late for Lunch. Waiting for Nurse</i>

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- Are you registered with a GP ?
 - If not.....

.....why not?

Mori Poll – Do you expect the following to tell the truth (2003)

- Doctors 91%
- Teachers 87%
- Judges 72%
- Clergyman / Priests 71%
- Scientists 65%
- The Police 64%
- The ordinary man / woman in the street 53%

PUBLIC SATISFACTION WITH VARIOUS GROUPS (Mori 2003)

Accountants 56%

Doctors 91%

Teachers 85%

The Police 70%

Politicians generally 28%

Government Ministers 26%

Lawyers 53%

Conclusion

- You can't tackle stress if you don't understand why you are stressed
- Don't deny yourself the care that you give others
- Give leisure and relaxation the highest priority