



Enriching Lives

A.C.T. NEWSLETTER

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HEALTHCARE FOR DOCTORS – Medical doctors are notorious for carrying an enormous workload, working long hours and have great responsibility while getting little sleep and eating a diet consisting of cafeteria food. Doctors also are required to quickly process loads of information. They are confronted daily with emotionally charged situations that revolve around suffering, fear, failure and death. A major source of stress many doctors report are derived from seeing patients whose medical problems are chronic and will never fully resolve. To compound the existing stress, doctors are concerned about being sued for malpractice. Excessive worrying could lead to self-doubt. Regardless of whether the suit is unwarranted, it is a massive burden that persists for years undermining self-trust and increasing fear.

Stress-management for doctors has lacked attention because this dynamic among physicians goes unacknowledged. Similar to athletes, physicians pride themselves on working through injury, illness, pain and fatigue. For many years, doctors have sacrificed their own health for the sake of their patients. Such profound sacrifice has repercussions. Doctors have higher rates of suicide, substance abuse and career burnout. Medicine is a high-risk profession for personal and family problems. Not only does it affect their own mental and physical wellness; studies are exhibiting that the mental state of physicians affects the care their patients receive. The emotional wellbeing of doctors is a great measurement of the quality health-care system as a whole.¹

Given that doctors are intelligent, they can easily resort to defenses that allow them to avoid care. Examples would include denial (“I’m fine”), to rationalization (“It’s just because I haven’t had a vacation”) to minimization (“I’m only a little irritable”). Studies are indicating that happy doctors contribute to happy patients. Studies find that patients of doctors who reported being happy and satisfied with their work were more likely to have normal blood pressure and blood sugar than patients of unhappy doctors.

Tips to Increase the Health for Doctors: *Practice What You Preach.*

- **Exercise**
- **Eat Healthy**
- **Understand how you experience stress**
- **Limit alcohol and stay away from illegal drugs.**
- **Reach out for support.**

A.C.T. is committed to raising awareness of promoting health for medical doctors. For more information, please contact Dr. Drecun at Dr.Drecun@a4ct.com or visit us online at www.a4ct.com.

1. The Lancet