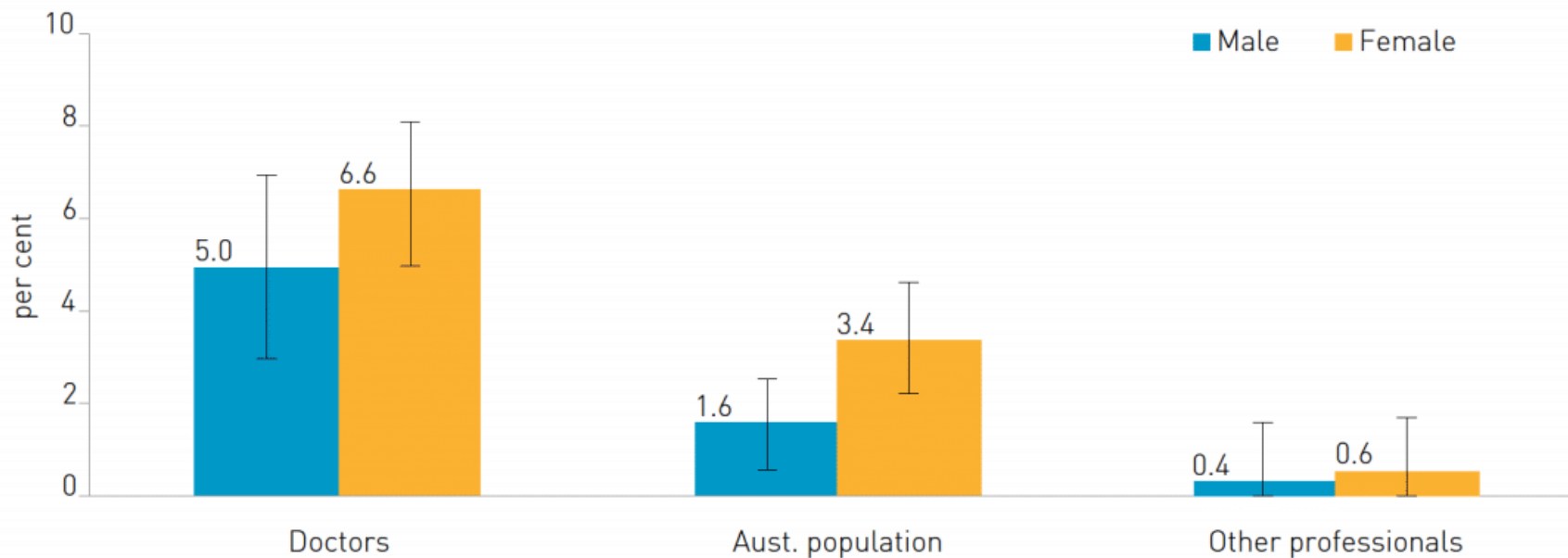


General Practice mental health



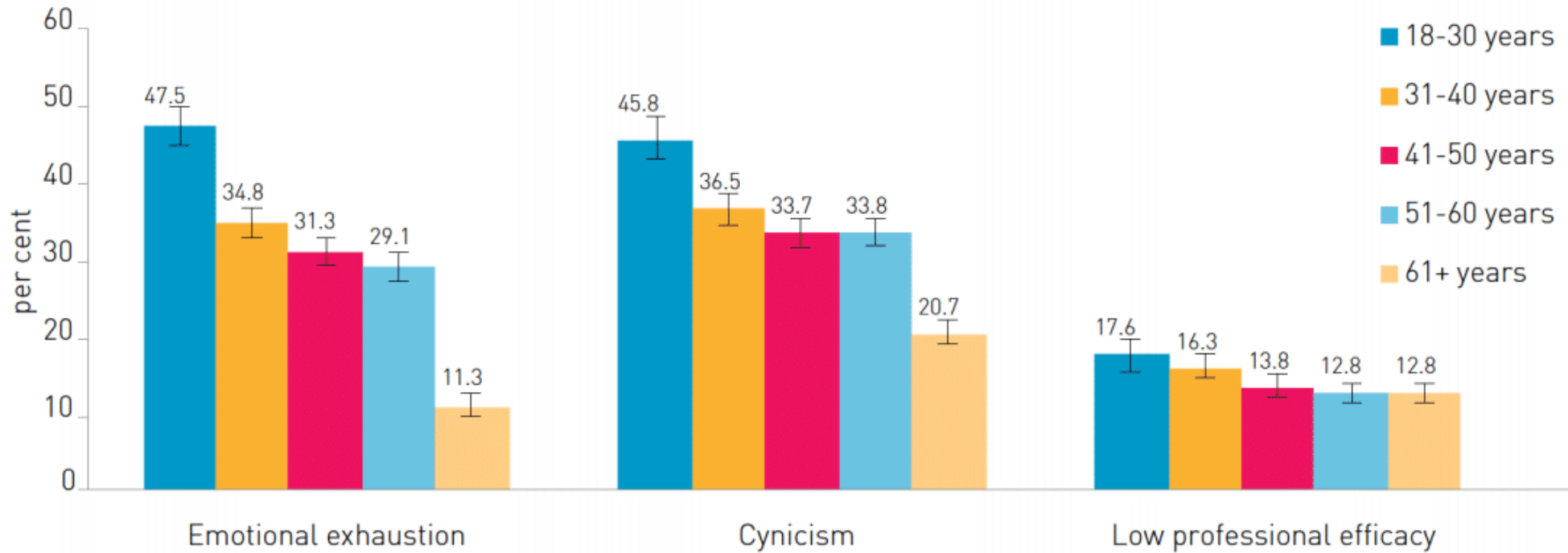
Doctors Mental Health

Figure 1: Levels of very high psychological distress by gender in doctors, the Australian population and other Australian professionals aged 30 years and below

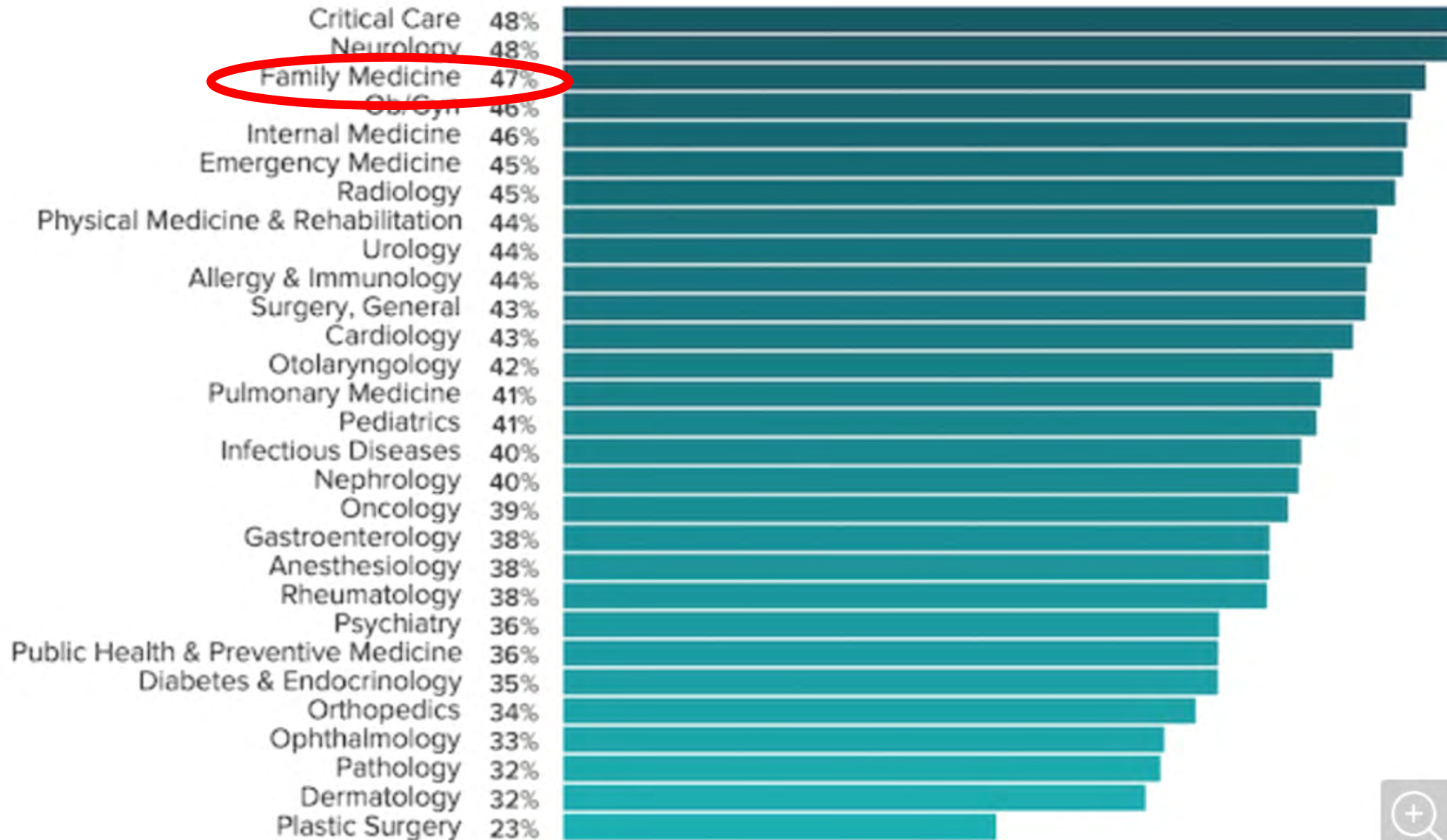


BURNOUT

Figure 4: Burnout in the domains of emotional exhaustion, cynicism and professional efficacy, by age group



Which Physicians Are Most Burned Out?



Why GPs??

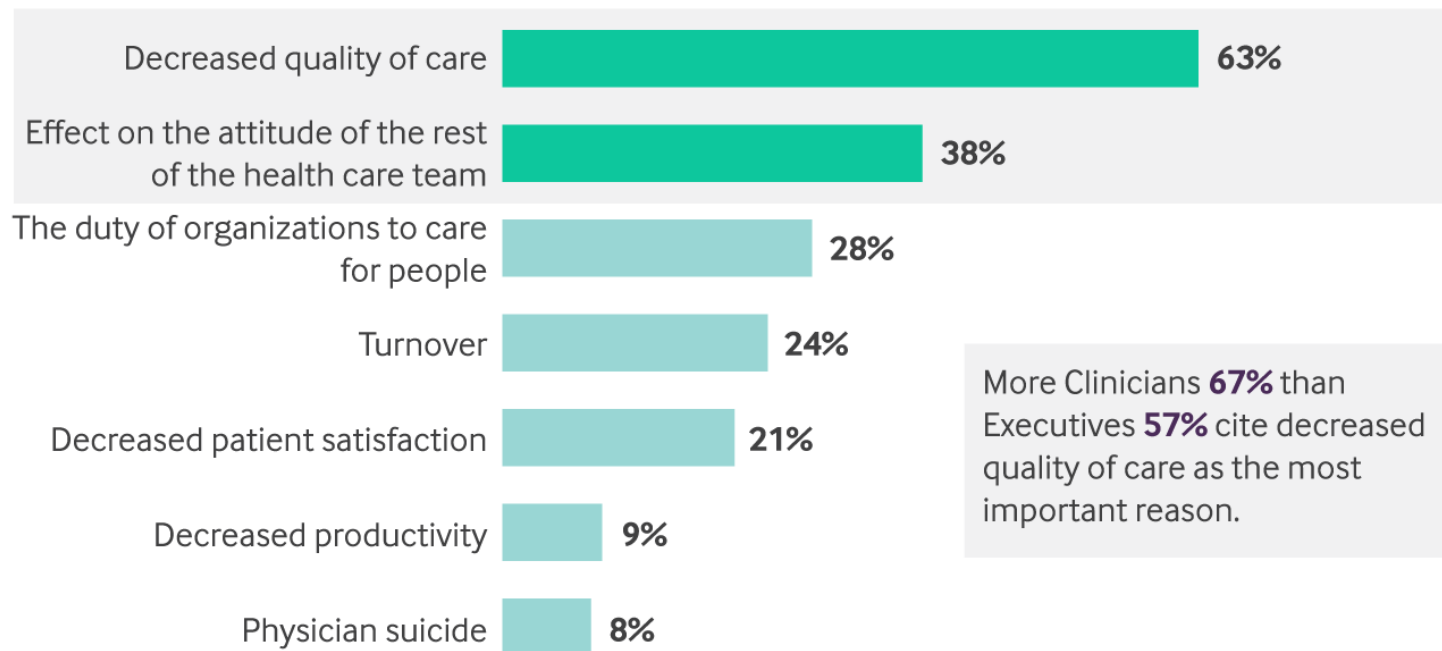
- Work type
- Work load and resources
- Emotional work
- Self employed
- Practice dynamics
- External support



Workplace consequences of burnout/stress*

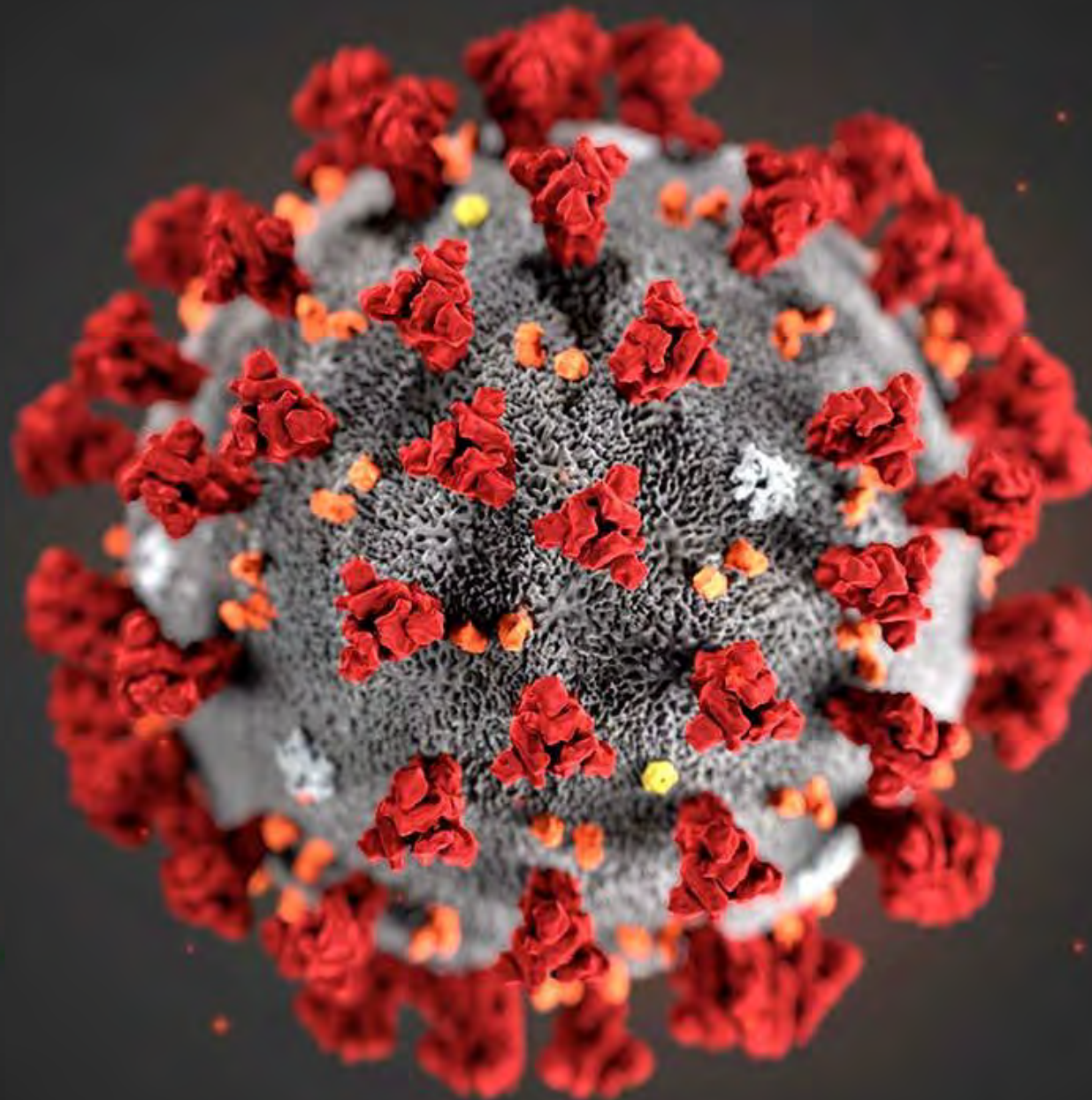
Decreased Quality of Care Is the Top Reason to Address Physician Burnout

What are the top two most important reasons to address physician burnout?

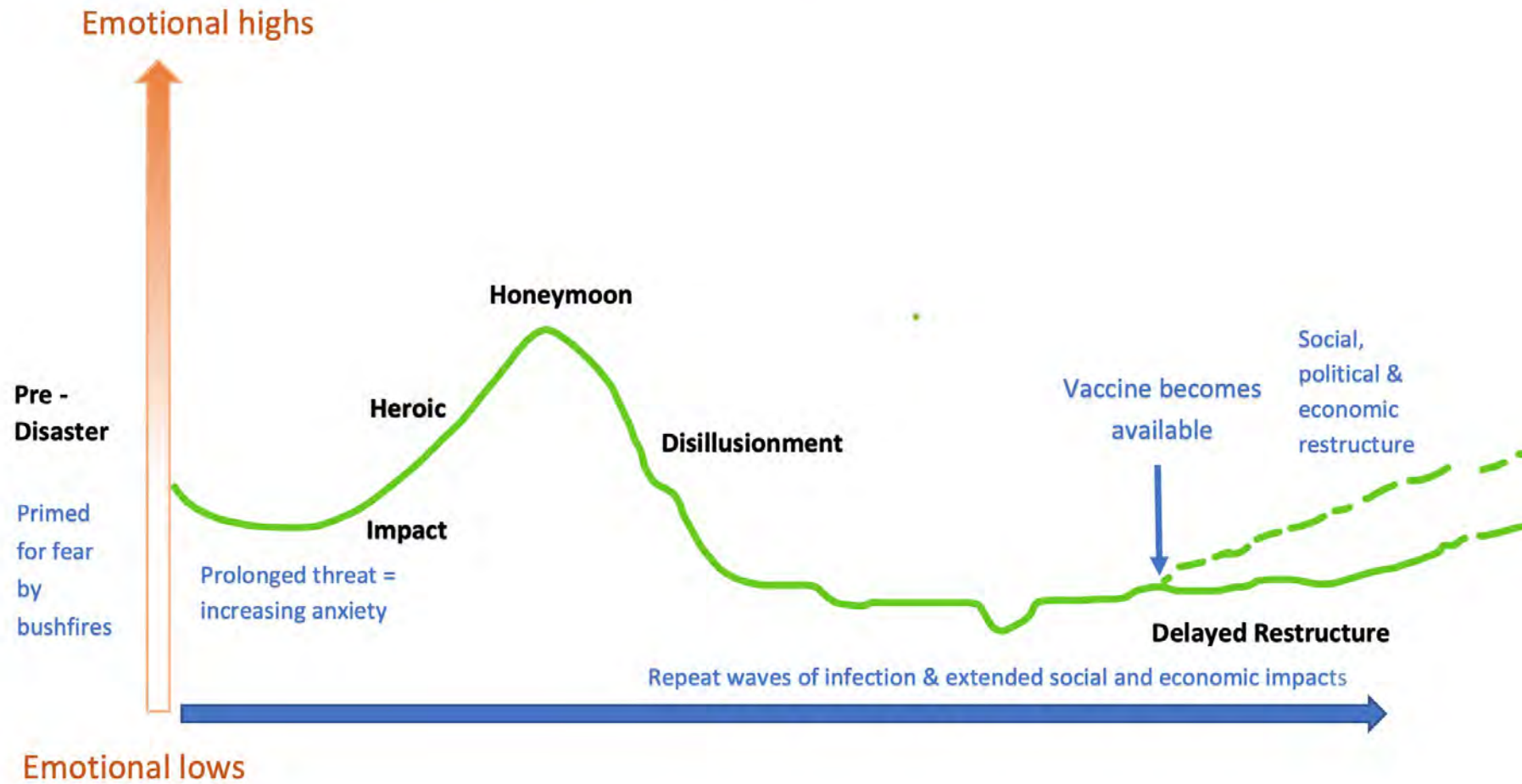


Base = 570 (multiple responses)

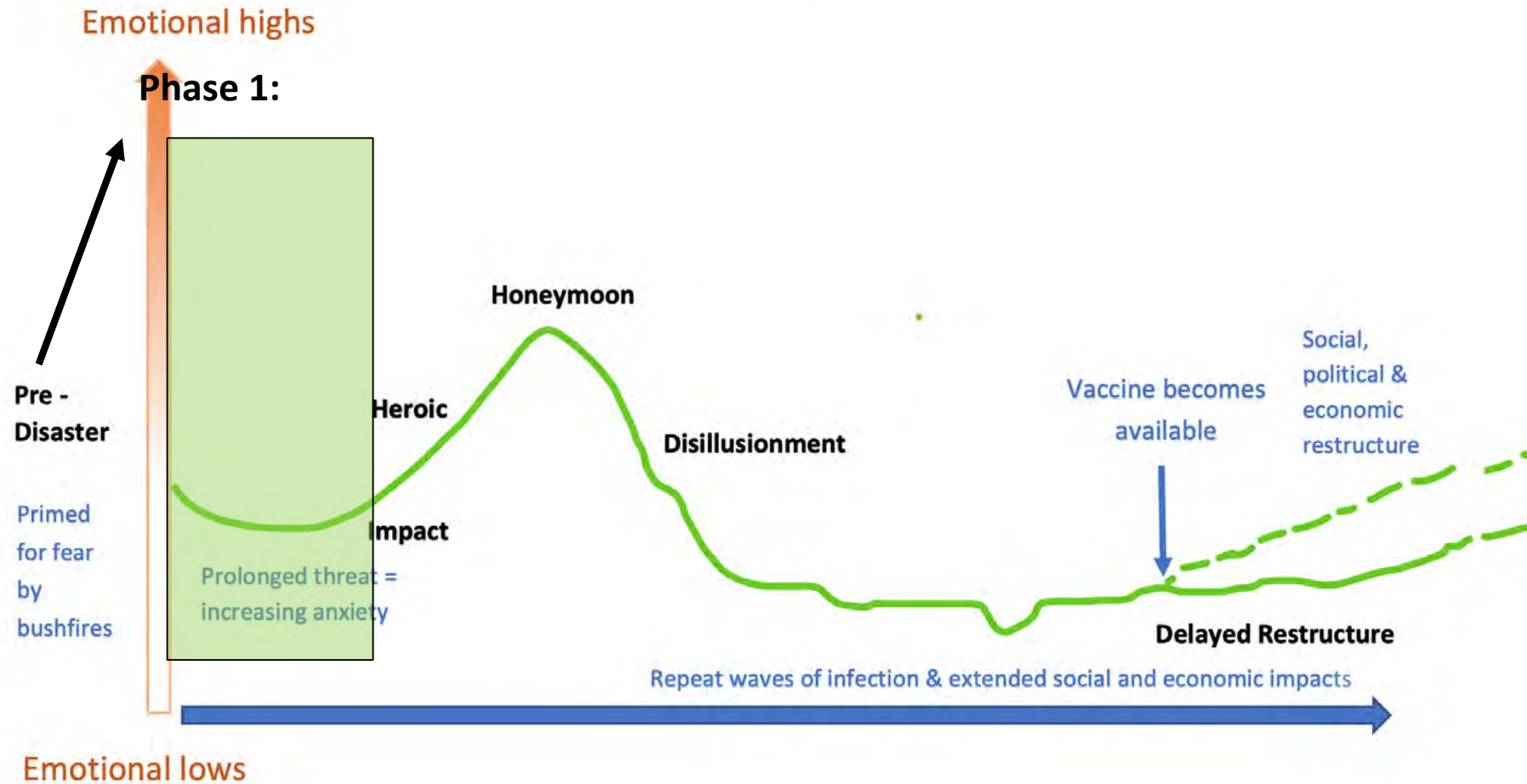
NEJM Catalyst (catalyst.nejm.org) © Massachusetts Medical Society



A Covid Disaster Journey

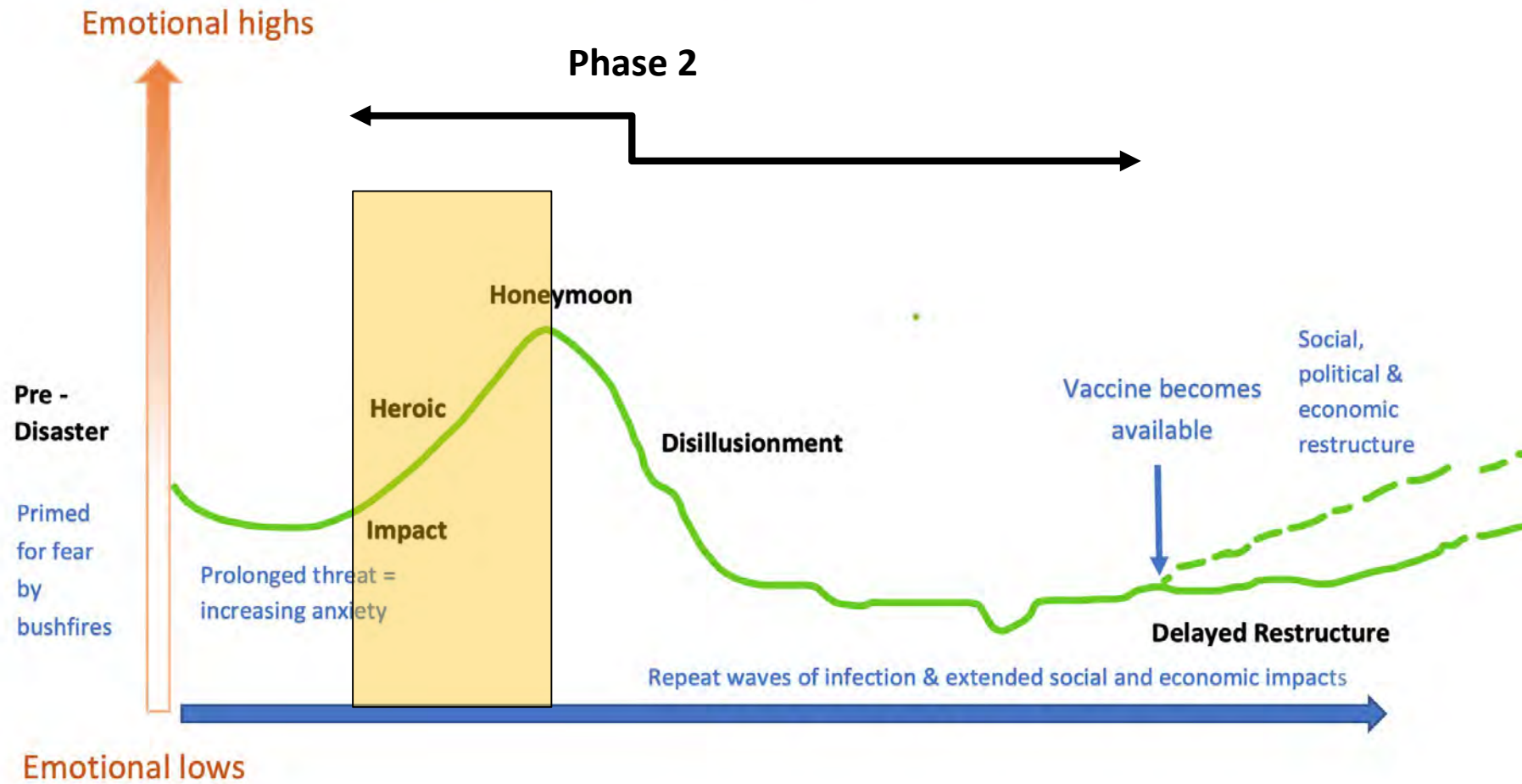


A Covid Disaster Journey

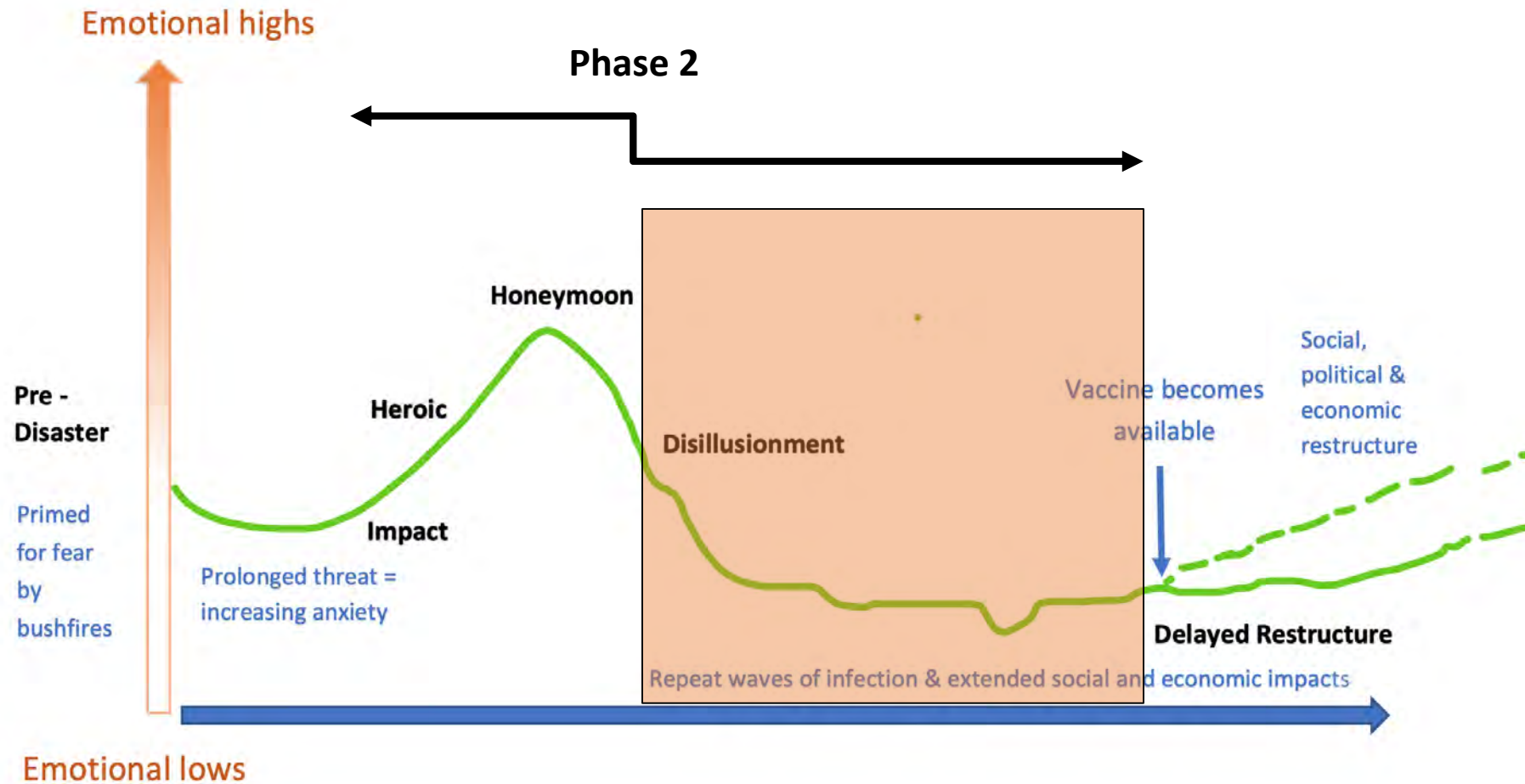


Margie Stuchbery, April 2020 <https://dhasq.org.au/wp-content/uploads/2020/04/Minding-healthcare-workers-1.pdf>

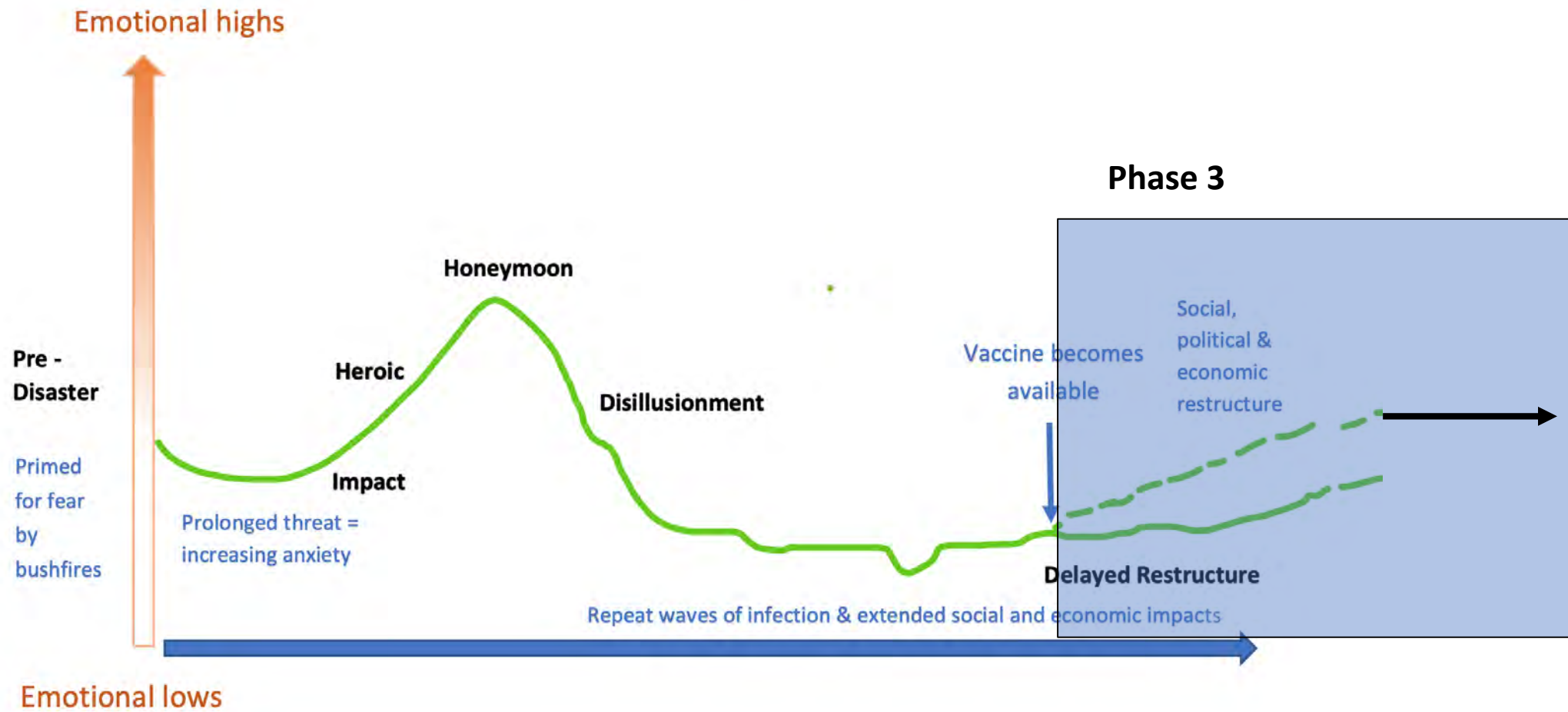
A Covid Disaster Journey



A Covid Disaster Journey



A Covid Disaster Journey



- *Five principles of self care in disasters*



• *Preparation*

Marathon mindset

Draw on internal resilience

Eat, sleep, exercise, regenerate

Routine

Contingency planning

Mindful kindness



• *Protection*

Protect your physical and psychological health

Social connection

Boundaries

Hyperarousal management

Social media



• *Professionalism*

Best standard of care

Shared decision making

Collegiality

Peer support



1. Ask



2. Listen



**3. Encourage
action**



4. Check in

•Promotion

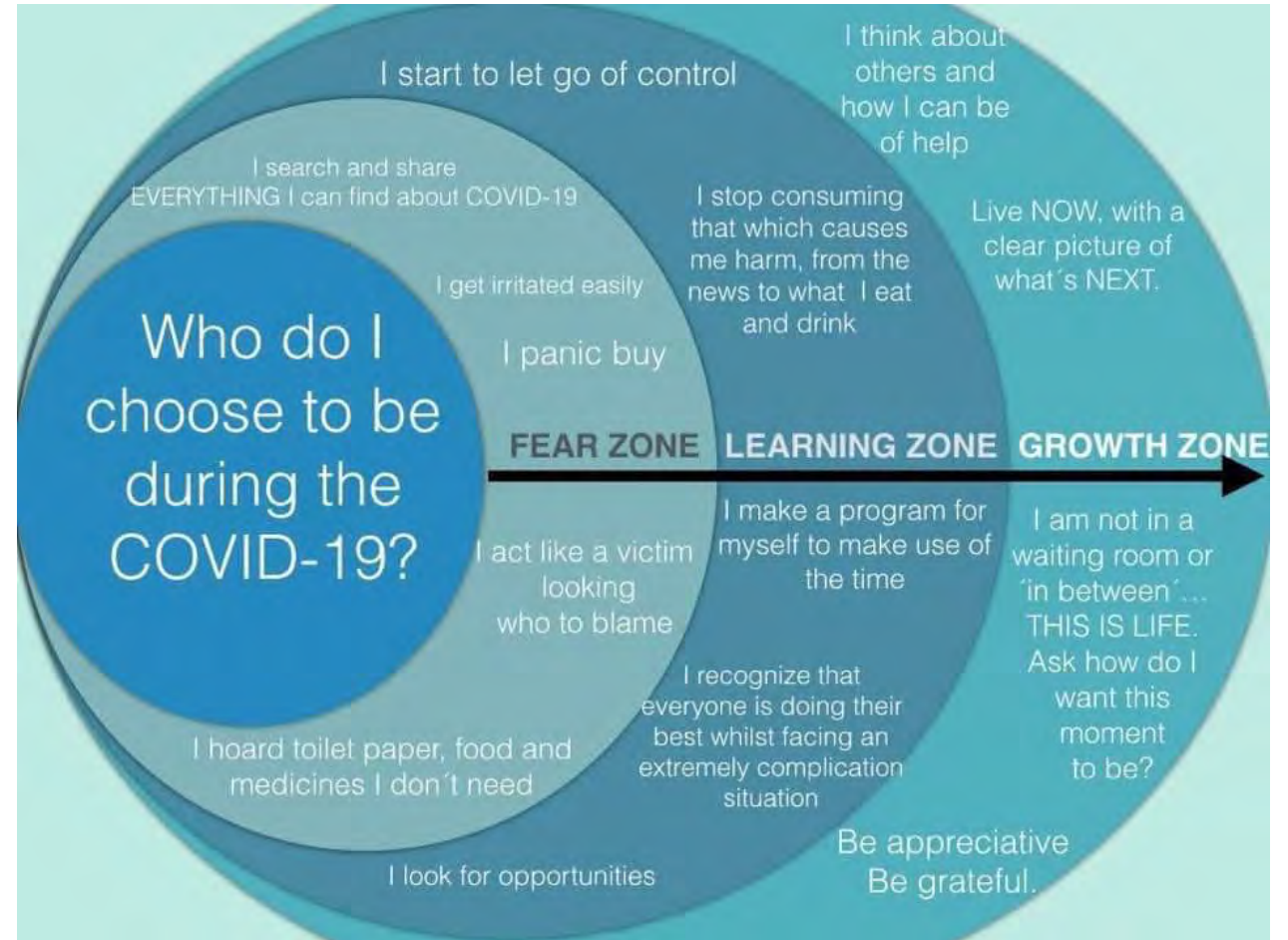
Role model

Leader

Chronic disease management

Longevity

Growth Mindset



@drmonika_langeh

• *Pathways*

Seek help when needed

Don't self-treat

Have your own GP

Know your resources



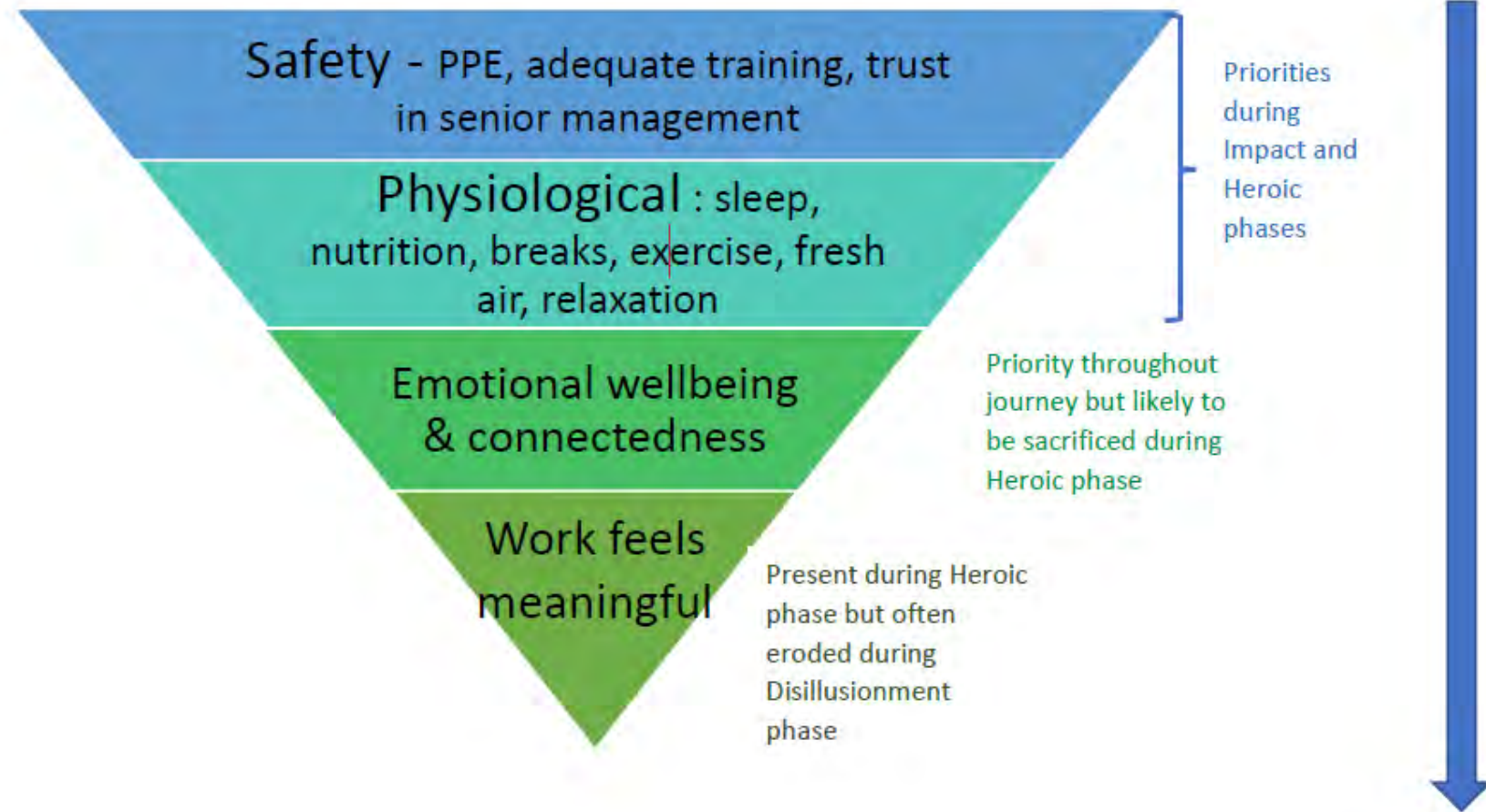
<https://www.practitionerhealth.nhs.uk/media/content/files/Protecting%20Psychological%20Wellbeing%20of%20Healthcare%20during%20Staff%20Covid.pdf>

• *Use credible resources*

- **Avoid social media, online news updates!**
- Department of Health
- State Department of Health
- WAPHA updates
- RACGP updates
- National COVID 19 Clinical Evidence Taskforce
- Oxford COVID-19 Evidence Service
- AMA updates
- World Health Organisation



Priorities During the Pandemic Phase



How are you travelling during the pandemic?



• *Resources General Practitioners*

EMERGENCY

- Lifeline - 13 11 14
- BeyondBlue - 1300 22 4636
- Suicide Call Back Service - 1300 659 46
- Police

NON EMERGENCY

- GP
- Psychologist
- DHASWA



For doctors in crisis, or for those wanting to speak with a DHASWA doctor, contact **08 9321 3098 – 24/7**

For advice on managing personal stress about COVID-19, check out the COVID-19 tab on this web page.



GP's and Psychiatrists



COVID Info

HOME ABOUT Us v DHASWA RESOURCES v DRS FOR DRS v MEDIA v CONTACT Us
COVID-19 v

Helpline



For doctors in crisis, or for those wanting to speak with a DHASWA doctor, contact
08 9321 3098 – 24/7

For advice on managing personal stress about COVID-19, check out the COVID-19 tab on this web page.



www.dhaswa.com.au

- Keep calm
- Keep informed
- Keep well



• *Informal supports*

- COVID - Aus + NZ Doctors Discuss
- Hand N Hand Covid 19 Peer Support - PPE for your Mind
- Adopt a Health Care Worker
- RACGP WA
- PHQ WA
- GPDU community
- Doc to Doc
- Medical mums and mums to be
- Balint Society
- Meditation Apps - NHS in Mind, Smiling Mind, Headspace, Insight timer
- The Joyful doctor
- Trauma Informed Health Practitioners
- GP Regs
- AMA WA Doctors in Training
- WA GP Registrars and New Fellows

Recall a stressful event

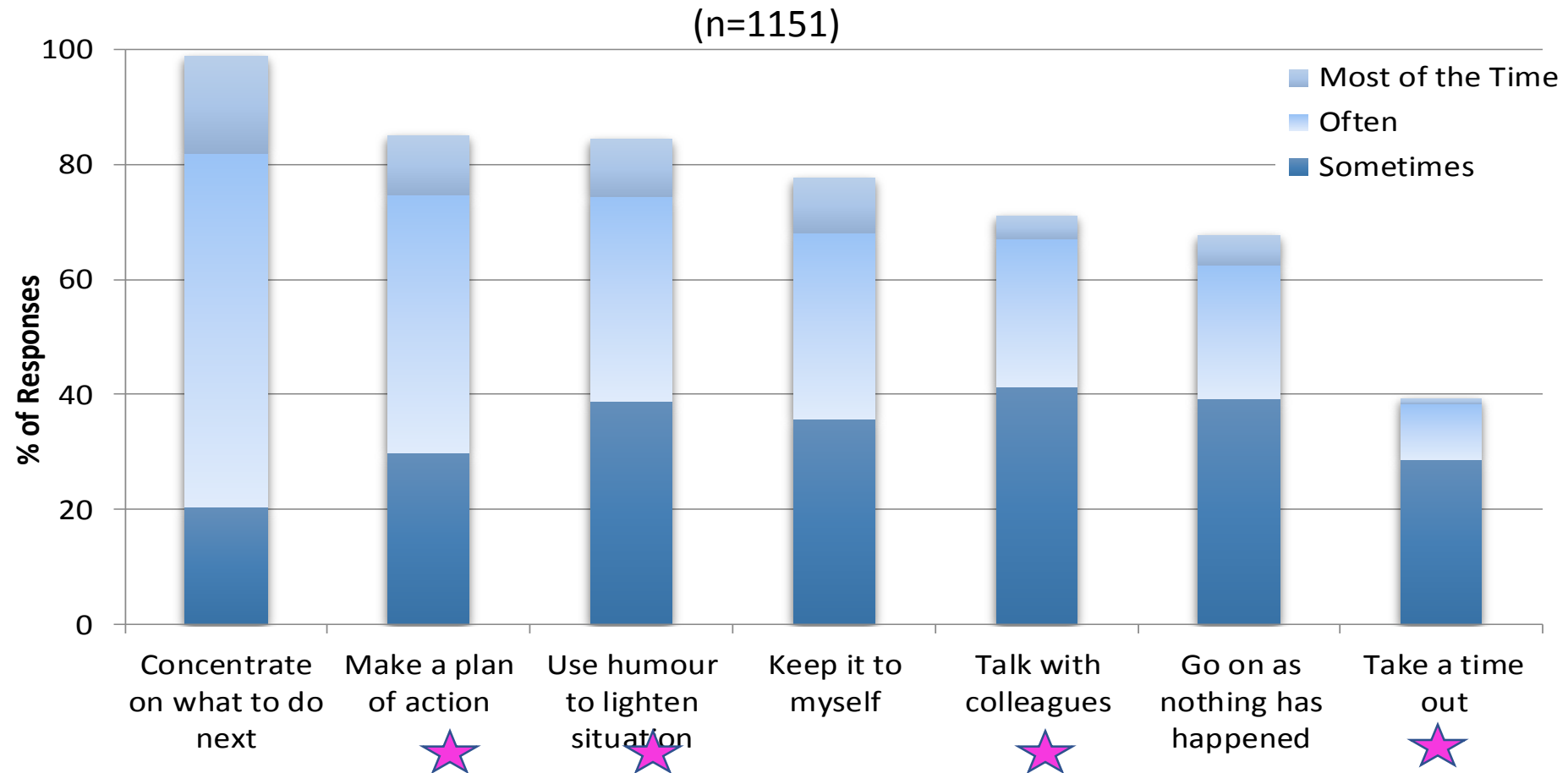


How did you feel?

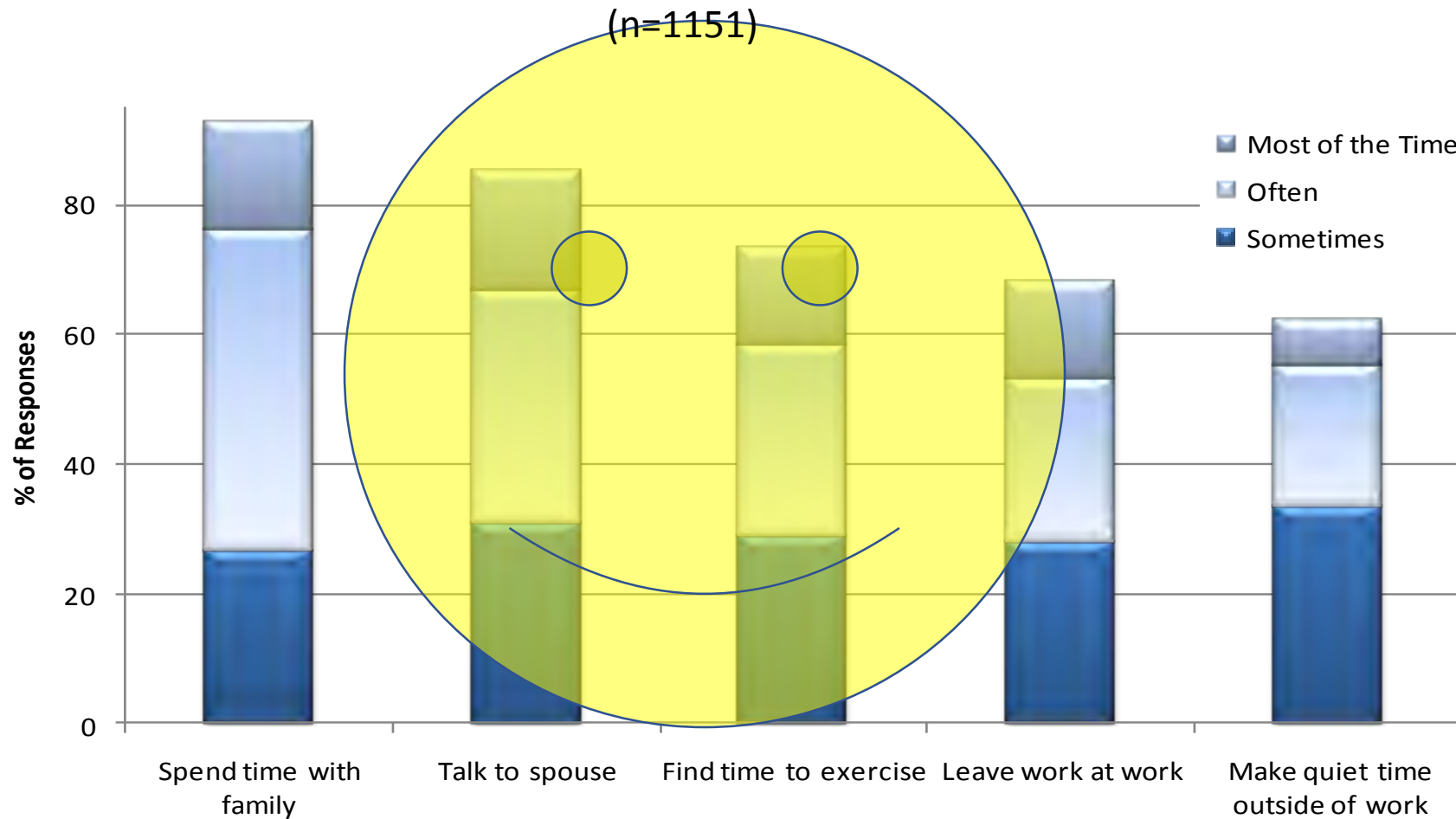
Angry	Depressed	Confused	Helpless	Indifferent	Afraid	Hurt	Sad
irritated	lousy	upset	incapable	insensitive	fearful	crushed	tearful
enraged	disappointed	doubtful	alone	dull	terrified	tormented	sorrowful
hostile	discouraged	uncertain	paralyzed	nonchalant	suspicious	deprived	pained
insulted	ashamed	indecisive	fatigued	neutral	anxious	pained	grieved
annoyed	powerless	perplexed	useless	reserved	alarmed	tortured	anguished
upset	diminished	embarrassed	inferior	weary	panicked	dejected	desolate
hateful	guilty	hesitant	vulnerable	bored	nervous	rejected	desperate
unpleasant	dissatisfied	uneasy	empty	preoccupied	scared	injured	unhappy
offensive	miserable	stupefied	pathetic	cold	worried	offended	lonely
bitter	detestable	disillusioned	hesitant	disinterested	timid	afflicted	grieved
aggressive	repugnant	unbelieving	frustrated	lifeless	shaky	aching	mournful
resentful	despicable	skeptical	woeful		restless	victimized	dismayed
inflamed	disgusted	distrustful	tragic		threatened	heartbroken	pessimistic
provoked	terrible	pessimistic	dominated		cowardly	humiliated	
indignant	in despair	tense	distressed		menaced	wronged	
infuriated		unsure	in a stew		wary	alienated	

What did you do to cope?

Physician coping strategies (work)



Physician coping strategies (HOME)



“Normal” medical culture is not normal

