



醫學生涯的身心壓力與調適

Physician Life, Stress, and Coping

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Sources of physician stress

- 年齡
- 工作經驗
- 個性
- 對行醫的態度和期待
- 長工時
- 面對死亡
- 個人生理心理健康狀態
- 組織文化因素



Stress on the Medical Students

- Special learning processes
- Being harmful to the patients
- Being harmed by the patients
- Inadequate knowledge
- Inept clinical skills
- Difficulties in communication
- Role confusion
- Peer competition
- Uncertainty



Stress during post-graduate training

Situational:

- Inordinate, inflexible time; sleep deprivation; fatigue
- Excessive workload
- Burdensome clerical and administrative responsibilities
- Insufficient allied health personnel
- Too many difficult patients
- Inadequate learning environment



Stress during post-graduate training

Personal

- Family
- Financial
- Isolation; problems of relocating
- Lack of leisure time
- Psychosocial problems
- Inadequate coping skills



Stress on well-trained physicians

- 社會文化變遷
- 法律問題
- 保險給付方式
- 過多的文書作業
- 收入減少
- 健保規範影響醫師自主能力
- 醫病關係變差
- 病患不合理的期待
- 對應於身為醫師的責任感
- 職場發展與家庭生活的衝突



	High demand	Low demand
High control	Active	Low strain
Low control	<i>High strain</i>	Passive


Job-Strain Model

Karasek RA



Character-related stress

- Regress your own needs
- Delayed gratification as a lifestyle
- Work obsessively at gaining approval
- Try hard, please others, be perfect drivers
- Doubt, guilt, exaggerated sense of responsibility (compulsory triad)
- Workaholism
- “Black Cloud” phenomenon



Long work hour: a necessity or an unavoidable evil?

- Those good old days
- The Men of Steel
- Compulsory triad
- The rite of passage
- Essential to proper learning
 - ✓ Benefits for learning
 - ✓ Benefits for developing professionalism
 - ✓ Benefits for better continuity of care
 - ✓ Benefits for better patient satisfaction
- Fiscal consideration



Potential problems of long work hours

- Patient care
- Training
- Physician's personal life
- Physician burnout
 - ✓ Survival techniques
 - ✓ Get rid of patients
 - ✓ Use pejorative terms to describe patients
 - ✓ Social and emotional isolation
 - ✓ Substance abuse



Stress and professional performance

- Being troubled → becoming troublesome
- Motor performance: stamina; coordination
- Cognitive function: reaction time; recall; omission/commission errors; speech; divergent thinking; creative thinking; decision-making
- Doctor-patient relationship: increased cynicism; decreased humanism; “Getting rid of patients”
- Workplace relationships: tense; controlling; anger; disruptive



Impact of sleep deprivation on physicians

■ Clinical performance

- ✓ Neuropsychological indicators
- ✓ Clinical indicators
- ✓ Emotional/Behavioral indicators

■ Clinical learning

- ✓ No time to read
- ✓ No time to attend educational activities
- ✓ Less operating room participation

■ Doctor-patient relationship

■ Personal well-being



Physicians, burnout, and stress

- Distressed affect
- Impaired cognitive processing
- Elevated frequency of physical symptoms of stress
- Impaired behavioral performance
- Loss of motivation for work
- Interpersonal distress
- Signs of organizational distress



Stress and Health

- Stress and immunity
- Stress and cardiovascular diseases
- Accidents during fatigued period
- Complications during pregnancy
- Mood changes: anxiety, depression, anger, hostility, apathy, cynicism, pessimistic, etc
- Interpersonal, marital, family problems
- Substance abuse/dependence
- Suicide



How to prevent from negative impacts

- Policies

- ✓ Duty hour guidelines

- Administrative strategies

- ✓ Arranging floating staff
- ✓ Ensuring minimal on-duty sleep hours
- ✓ Hiring physician assistants for routines
- ✓ Teaching the importance of adequate sleep

- Physician behavioral modification

- ✓ Self-awareness of working style
- ✓ Learning efficient time management
- ✓ Learning effective measures to counter fatigue
- ✓ Organizing support groups



Stress management

- Awareness and recognition of stress
- Awareness of personal working/coping style
- Debriefing
- Coping skills training
- Time management training
- Peer support group
- Mentor supervision
- Work-life balance
- Seeking for professional helps

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