



European
Association for
Physician Health



Health and Self Care

Dr Andrew Tresidder

Being a Doctor and Staying a Person

April, 24&25th 2017 - Paris

Greek Wisdom, Roman Poetry

- Γνωθι σεαυτον Know Thyself
- Μηδεν αγαν Everything in Moderation, Everything in Balance
- Quis custodiet ipsos custodes? Who Guards the Guards themselves?

Quis Curet ipsos Curentes?

Who Cares for the Carers?



Psychological Protective Mechanisms – the D's

- » Denial
- » FINE = Fearful, Insecure, Neurotic and Emotionally Imbalanced
- » (Feelings inside not expressed)
- » Displacement



The 2 D's lead into more D's

- » Depression
- » Drink
- » Drugs
- » Disciplinary Action



Curriculum Gaps at Medical School

- » Health as a concept
- » Software Being (man as an informational electromagnetic being) see James Oschman, Energy Medicine, 2nd Ed 2015
- » Medicine is based on chemistry – not on physics
- » Interpersonal Psychology and Drama Triangle
- » Environmental factors and pollution
- » Nutrition, especially at micronutrient level
- » Self Care on any of these



We have a Problem..

- » Lack of knowledge of self care
 - + Lots of knowledge about hardware body
 - + Little knowledge about software being
 - + Population belief / hope: “You’re well until you’re ill then see the doctor for a pill”
 - + easy access (and not necessarily valued)
- = exhaust and burnout the profession



Solution – Invest in the Bank of Health!

- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO 1948)
- » Health = harmony of mind, body and spirit



British Medical Association Local Engagement Project

- » South West England
- » Series of 10 half day workshops on Health, 2016-17, total of 180 doctors approx
- » Also at BMA House, London

- » Resources: 1 Stop the Stress of Medical Practice, Dr David Rainham
- » 2 Health and Self Care – booklet in preparation



Self-care, self-aware, or your health matters!

For doctors in all branches of practice

with Dr Andrew Tresidder and Mr Alex Aylward



*"Practicing medicine is a great privilege – but currently it often feels burdensome. Ask a hundred people how they are – and they say '**fine!**' – **F**earful, **i**nsecure, **n**eurotic and **e**motionally imbalanced. Ask a hundred doctors, and they can't answer, they are too busy looking after their patients! Everybody uses denial. We owe it to ourselves, our patients and our families to work on seeking balance and building*

During the workshop, Andrew, supported by Alex, will discuss ways to enhance your personal resilience and your enjoyment of life and medicine

- Doctors' Health and Stress physiology
- the Physiology of emotions, with a particular focus on Personal power in the consulting room
- the Drama Triangle
- Loss and healthy grieving; Change, Loss, Grief,

Learning Objectives

- » To understand the concept of Health
- » To appreciate factors that contribute to, and detract from, health
- » To understand personal responsibility for health
- » To be familiar with Ten Top Tips for doctoring doctors, and for being a patient
- » To appreciate the role of the Drama Triangle in health
- » To appreciate a 'physiology of the emotions'
- » To understand the resources of feelings in developing our strengths, in particular in loss and grief
- » To understand Inter-Personal Energy Flows
- » To be familiar with simple tools to rebalance self



Mammalian Bodies

- Autonomic Nervous System
 - Parasympathetic
Rest and Digest, Chill and Repair – or Freeze
 - Sympathetic
Fight and Flight



Which is the organism's habitual state? – what is it designed to be in for the majority of the time?

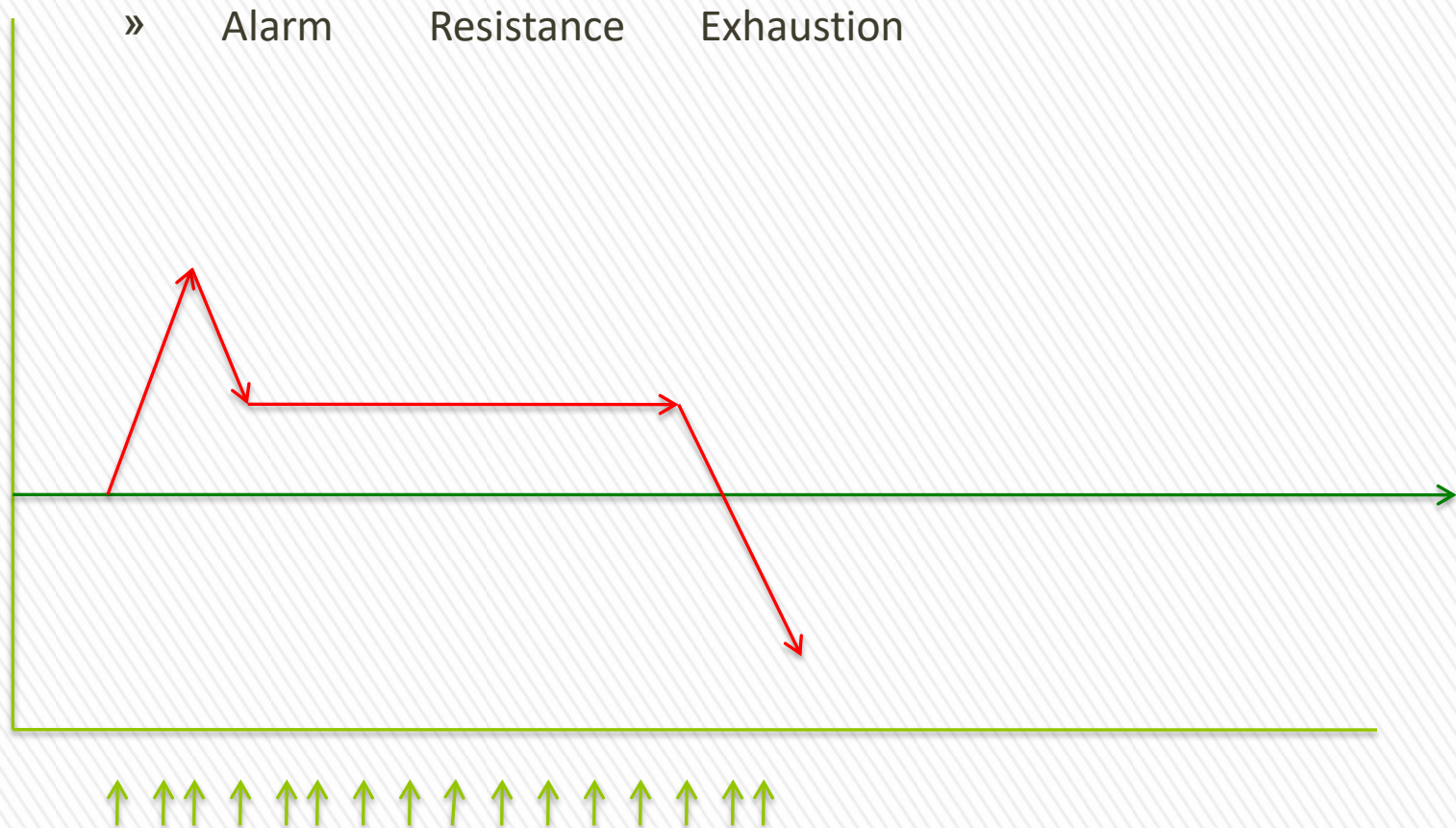


A Doctor at Work? Stressors

- » Patient demands
- » Telephone
- » Income
- » Staff issues
- » Partnership /workplace issues
- » External challenges
- » Targets (whose.....?)
- » Insufficient water, meal breaks, relaxation times
- » Lack of quality sleep



Selye, General Adaptation Syndrome



Stressful Stimuli – if we see them as such!

- Constant noxious stimuli keep us in Fight or Flight, prevent repair, and lead to illness
- Removal of stimulus – and you get another alarm phase – no wonder we don't like withdrawal! (give a busy man a halfday off – and he'll fill it to keep busy!)
- Hence Addiction – avoiding the re-run of the Alarm phase due to withdrawal





The Bucketful of Stresses



We can cope with only so much

- » Lack of sleep
 - » Foreign proteins – food, pollen, moulds and spores
 - » Insufficient water, too much tea, coffee, alcohol
 - » Foreign chemicals, insecticides, etc, also colourings and sweeteners (at body temperature aspartame breakdown products include methanol)
 - » Devitalised food, low vitamin and mineral content
 - » Refined carbohydrates in excess
 - » Emotional load, chronic worry, sadness or unexpressed feelings
 - » Electromagnetic stress (remember how safe asbestos was for many years!)
 - » Low vitality in winter – dark gloomy days
 - » Viruses, bacteria
 - » Circadian and lunar rhythms
- » No wonder you end up with a migraine / cold / flu / sore throat in the end..



Long Term Effects of stress

- » Fatigue
- » Anxiety
- » Depression
- » Alcohol misuse
- » Substance misuse
- » Burnout
- » Hypertension
- » Chronic degenerative illnesses
- » Relationship issues
- » All probably contribute in some way to many illnesses, because the immune system is compromised



Health Responsibility

- » Whose responsibility is it to look after illness?
- » Whose responsibility to look after health?
- » Whose responsibility is your own health?



Notice on Australian GP's Door – Aussie Rules!

- » Your Health is our Concern
- » - but Your Responsibility!
- » By the way – How are you all today?



Health and Self Care

- » Simple principles
- » Know the subject
- » Practice daily!

Invest in the Bank of Health!

