Tiger Country: Using play reading to facilitate discussion about physician health and wellbeing
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Being a doctor and staying a person
April, 24 & 25th 2017 - Paris
» Experience play reading as a tool to introduce difficult topics
» Discuss themes regarding physician health and wellbeing relating to characters in the play
» Reflect on ideas to help ourselves deal with similar issues in real life
» Introduction
» Background about play and author
» Play reading excerpts
» Questions and discussion

Overview workshop
Oxford University Hospitals NHS Foundation Trust
What is Occupational Medicine?
Occupational Health and Wellbeing
Doctors Health and Wellbeing
OUH
Induction

- Introduction to Occupational Health
- Signpost help and support

Year 1 FY1

- Occupational Health for doctors
- Self care for new doctors

Year 2 FY2

- Stress busting workshop
- Practical tools to build resilience

Registrars Consultants

- Lectures
- Workshops

“What’s Up Doc?”
Tiger Country by Nina Raine
» Doctor’s illness behaviour and boundary issues
» Pressures on a female Asian surgeon including racism and sexism
» Dealing with a sick relative being treated in physician’s own hospital
» Pressures on the relationship between two junior doctors/ different responses to work stress

Topics to fit with conference theme
Doctor’s illness behaviour and boundary issues

Characters:
John
cardiology registrar mid 30s
Brian
urology consultant early 40s

Scenario 1
» What do you think about John’s behaviour as doctor patient?
» Were there any boundary/professional violations in this scenario?
» Is this realistic? Could this happen in your country?
» What recommendations would you give a doctor friend/yourself to avoid these problems?
Pressures on a female Asian surgical senior trainee

Characters:
Vashti
urology registrar mid 30s
Brian
urology consultant early 40s
» How do gender issues affect Vashti’s professional interactions?
» How do race issues affect Vashti’s professional interactions?
» Is there still a glass ceiling for women in medicine?
» This scene is set in the NHS in UK- could this occur in your country? Would the story be the same or different?
Dealing with a sick relative being treated in your hospital

Characters:
Vashti
urology registrar mid 30s
James
senior house officer surgery mid 20s
Nurse

Scenario 3
Does Vashti deal appropriately with her sick aunt?

What would you do in this situation?

Is it ever appropriate to treat or prescribe for relatives?
Pressures on the relationship between two junior doctors/ different responses to work stress

Characters:
Emily
senior house officer A and E mid 20s
James
senior house officer surgery late 20s

Scenario 4
» How well/badly did Emily cope with the stress of being a junior doctor?
» How well/badly did James cope with the stress of being a junior doctor?
» How did this affect their relationship?
» Is this a realistic scenario?
» What advice would you give to two junior doctors who are a couple to help them sustain their relationship?
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