



European  
Association for  
Physician Health



# 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



## Learning objectives



- » Introduction
- » Background about play and author
- » Play reading excerpts
- » Questions and discussion



# Overview workshop

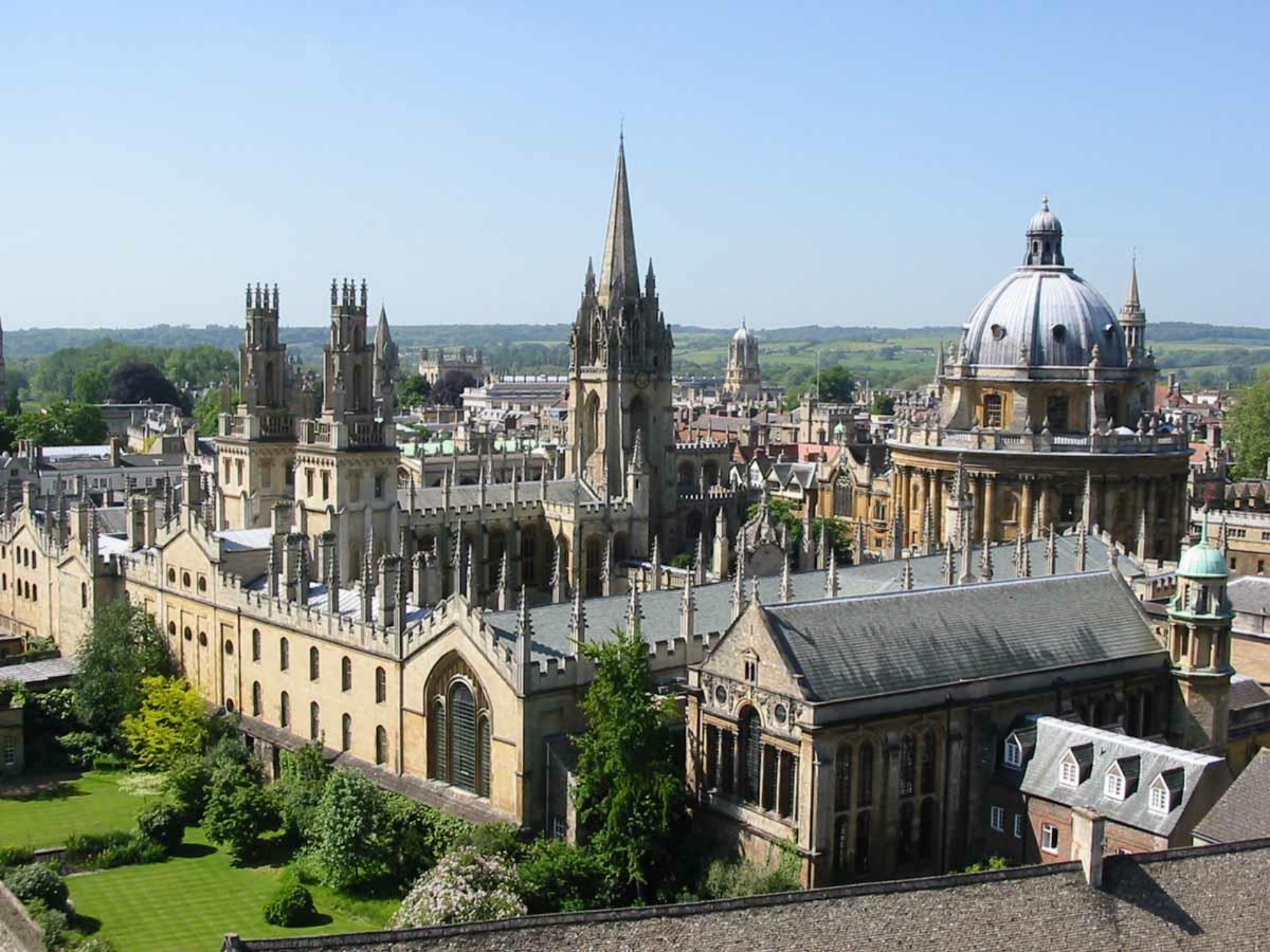




Oxford University Hospitals **NHS**  
NHS Foundation Trust









WORK

HEALTH

What is Occupational Medicine?







Occupational Health  
and Wellbeing



# Occupational Health at OUH





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?

## Questions



# Pressures on a female Asian surgical senior trainee

## Characters:

Vashti

urology registrar mid 30s

Brian

urology consultant early 40s



## Scenario 2





- » 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?

## Questions



# 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?

## Questions





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?

## Questions



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