‘Co-doctors’ support their colleague GP’s.

Breaking the taboo of the ‘omnipotent’ doctor:
a Belgian pilot project of D4D

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1. What’s D4D?

2. What’s a co-doctor?

3. Can we change the culture of medicine by promoting and training collegiate solidarity?

Take home message ...
Is it epidemic?

I have a burn-out!

Me too. You’d better go to the doctor on call …

That’s me …
www.doctors4doctors.be

» Non-profit organisation
» Visible and approachable point of contact
» Medical profession
» Multidisciplinary collaborative network
Goals:

- Outlining a vision for **providing care** to physicians
- To make a **cultural change** to the image of “omnipotent” physicians to physicians who are allowed to be vulnerable and human
- To **educate and train** physicians to seek help when necessary
- **Preventive actions** by giving lectures about various topics
- Good physical and mental **health promotion**
- Promoting a **healthy mindset** (self-care, self-awareness)
- Promoting **healthy workplaces** (GP’s, hospitals)
‘Co-doctors’ support their colleague GP’s.

Breaking the taboo of the ‘omnipotent’ doctor: a Belgian pilot project of D4D 2015 -2016 -2017
GP’s are organized in **on-call groups** consisting of tens of GPs working in the **same region**.

They take the same **in-service training**, so they are **familiar** with each other.

**Hypothesis:** Introducing this new course at this level would be ideal to achieve our D4D-goal in a local, low-threshold manner.

**Q:** Could D4D motivate GPs to attend a course to become a “co-doctor”: “**a GP delivering peer-support and changing the cultural view on self-care of GPs in general**?”
September 2015, a one-day course, 38 GPs.

Topics:
- Interactive reflection on the barriers to prevent them from seeking help as a GP,
- Training on nonjudgmental listening
- Construction of a social map of caregivers to whom they can refer
- The attendees were stimulated to draw up a list of their own tasks as co-doctors.

After two additional days of training 2016, 31 co-doctors left with a clear job description.

Drop-out of 7 GPs:
- They did not feel ready with the role of co-doctor
- No spare time

The co-doctors are offered additional education and intervision two times a year.
Co-Doctor

» Financial support:
  > King Baudouin Foundation
  > National Lottery
  > Flemish Government
  > Domus Medica

» Media attention

» Positive response of the field
» GPs are convinced of the advantages of being or having a co-doctor.

» The project has been expanded in January 2017.

» Moreover, the project will be implemented at hospitals, so specialists who suffer from the same hesitation and fear, will receive help.
What’s a ‘Co-Doctor’?
Helps to seek

Facilitates

≠ Treatment
Trust

Oath of secrecy

Nonjudgmental listening

Balance

Growth
Do you have a GP?

Physician well-being ... a missing quality indicator (J. Wallace, 2009)

Culture change

Super-doc?

Human / vulnerable doc?
Co-doctor can facilitate or initiate courses, training, interactive group debates about e.g.:

+ Regional social map (referral addresses of specialised care)
+ Work / life balance
+ Learn to set boundaries
+ Time management
+ Stress symptoms
+ Addiction
+ Depression / Suicide
+ Burn-out
+ .....
Peer to peer support – member of the class
Take home message ...
Take home message ...
Can we change the culture of medicine by promoting and training collegiate solidarity?

Life is not about how fast you run or how high you climb but how well you bounce.

~Vivian Komori

Take home message...