‘Physician in distress’: approach & 1st results

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Belgium

Being a doctor and staying a person
April, 24&25th 2017 - Paris
EMOTIONAL EXHAUSTION OF PHYSICIANS IN HOSPITALS

*Research University of Leuven & IDEWE
2012: 1198 physicians in hospitals
Assistant Physicians

» Assistant specialist physicians (hospitals)
  > Work on average 67.6 h/week*
  > 8% have a burn-out*

» Assistant generalist physicians
  > 30% have a risk of burnout**
  > 8% have a burn-out**
  > 16% has already thought about stepping out of medicine**

* Research KULeuven 2016 (Prof. Godderis):
  200 Assistant Specialists
** Research KULeuven 2016 (Masterthesis by ATRTCHINE-KACHI
  Zahra): 498 Assistant Generalists in Flandres
Evolution since 1890

» Emotional and mental pressure

» Physician with mental problems = TABOO

» Physician does not ask for help
Objectives

» Belgian physicians with psychic-social problems
Organisation

» Project of national council of the College of Physicians in Belgium
» 1 national project coördinator
» 50 physicians of ‘reference’
» Supervising committee
» No link with disciplinary role
» Total discretion
» ‘Social’ support possibility at provincial College level:
  > Bruxelles & Brabant Wallon (Frenchspeaking): social (2015)
  > CPEM (Liège) – Solimed (Hainaut) : financial
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National results since Nov 2016

- Generalist: 63%
- Specialist: 20%
- Assistant/Student: 14%

26/10/16 – 20/04/17: 35 demands for help at national contact point level
National results since Nov 2016

26/10/16 – 20/04/17: 35 demands for help at national contact point level
National results since Nov 2016

INTAKE AFTER 1ST CONTACT

- Physician of reference 23%
- Project coordinator 14%
- Commission Prof & Sociale Bxl&Br Wal. 5%
- Doctors4Doctors 3%
- Not determined yet 6%
- CPEM Liège 3%
- None 46%

26/10/16 – 20/04/17: 35 demands for help at national contact point level
National results since Nov 2016

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National results since Nov 2016

MEDIUM OF 1ST CONTACT

- Telephone: 57%
- Webform: 26%
- Via provincial council: 6%
- E-mail: 11%

26/10/16 – 20/04/17: 35 demands for help at national contact point level
Results provincial College Bruxelles & Brabant Wallon*

*COMMISSION PROFESSIONELLE ET SOCIALE
STATISTICS CPS : 01/09/2015 - 20/03/2017: 99 demands for help
Results provincial College Bruxelles & Brabant Wallon*

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TOGETHER TOWARDS THE FUTURE