

# Resilience and Junior Doctors

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## Suicides among junior doctors in the NHS

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# Junior doctor who killed herself 'talked 'Burnout and depression': the doctors struggling with their mental health

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Research suggests eight out of 10 doctors in England have experienced mental health issues. Here, some of those who are suffering tell their story

■ now investigating what support he was given before his death

# Resilience

- The capacity to recover quickly from difficulties: toughness.
- The ability of a substance or object to spring back

## Negative input

Stress →  
Internal conflict →  
Time and energy demands →



## Positive input

← Psychosocial support  
← Social/healthy activities  
← Mentorship  
← Intellectual stimulation

## Outcomes

↓  
Burnout

↓  
Resilience

# Pressures

- Workforce pressures:
  - Patient safety
  - Hours
  - Team-working
- Working environment:
  - Access to food / water
  - Doctors' mess
- Wellbeing:
  - Stress
  - Rota planning
  - Value
- Professional lives:
  - Relationships with consultants



# Promoting resilience

- Intellectual interest
  - Self-awareness
  - Time management
  - Continuing professional development
  - Support
  - Mentoring
  - Value
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- Can you teach resilience?
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# Bath Experience

- Pastoral tutor
- Near misses sessions
- EAP links:
  - Foundation Drs
  - 5<sup>th</sup> year medical students
- F1 'clinic'
- Schwartz rounds

Where to from here?



Thank you

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