

Parallel Session 4
Physician wellbeing: Facts, factors and solutions

**Higher risk of mental disorders
among health professionals than
general population in Catalonia**



Thessaloniki, May 11th 2018

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- Research. Studies on health, lifestyles and working conditions. Some results.
- Support activities to foster wellbeing
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What's the Galatea Foundation? *PAIMM*20anys 1998-2018

- 2001: Catalan Medical Council with the autonomous government of Catalonia.
- Devoted to enhancing the health and the wellbeing of doctors and other health professionals.
- Caring programmes for health professionals (doctors, nurses, veterinarians, pharmacists, psychologists, dentists, social workers and physiotherapists).
- **Prevention and health promotion programmes to work on attitudes and behaviors to avoid health professionals getting sick.**

• Research.

Studies on health, lifestyles and working conditions.

Studies about health, lifestyles and working conditions of health professionals

2010



2013-2017



2006



2012



2015-2016



2015-2016



2016-2017



2016-2017



Ongoing:

Social workers

Physiotherapists

Data sheet

Fact sheet										
	Medical students	Residents (baseline)	Residents (1st year)	Residents (4th year)	Doctors 30-55 anys	Paediatricians	Dentists	Pharmacists	Psychologists	Nurses
Data collection date	Feb-June 2011	May-June 2013	May- June 2014	March-April 2017	Dec 2005 - Apr 2006	May - Sept 2013	Sept 2016 - Apr 2017	June-Oct 2015	Sept 2016 - Apr 2017	Nov 2015 - March 2016
Universe	808	831	831	831	22.229	7.425	5.132	6.630	14.296	42.391
Sample	420	478	290	216	762	1.028	597	686	1.115	2.258
Margin of error	±3,4%	±3%	±5%	±5,6%	±3,55%	±2,9%	±3,8%	±3,56%	±2,8%	±2%
Response rate	52%	57,5	34,9	26,0	31,80%	13,8	11,6%,	10,30%	7,8%,	5,30%

Questionnaire

- **Demographic data:** sex, age, birth place, living situation
- **Profession / Speciality**
- **Lifestyles:** physical activity (IPAQ), alcohol and tobacco consumption (self-declared)
- **Health parameters:** self-perceived health, chronic disorders, height and weight, sleeping, usual hassles, mental health indicator (GHQ)
- **Health habits:** availability of GP, medical history, access to public health services
- **Personality traits (only baseline), personal events and satisfaction with several life aspects (students and residents)**

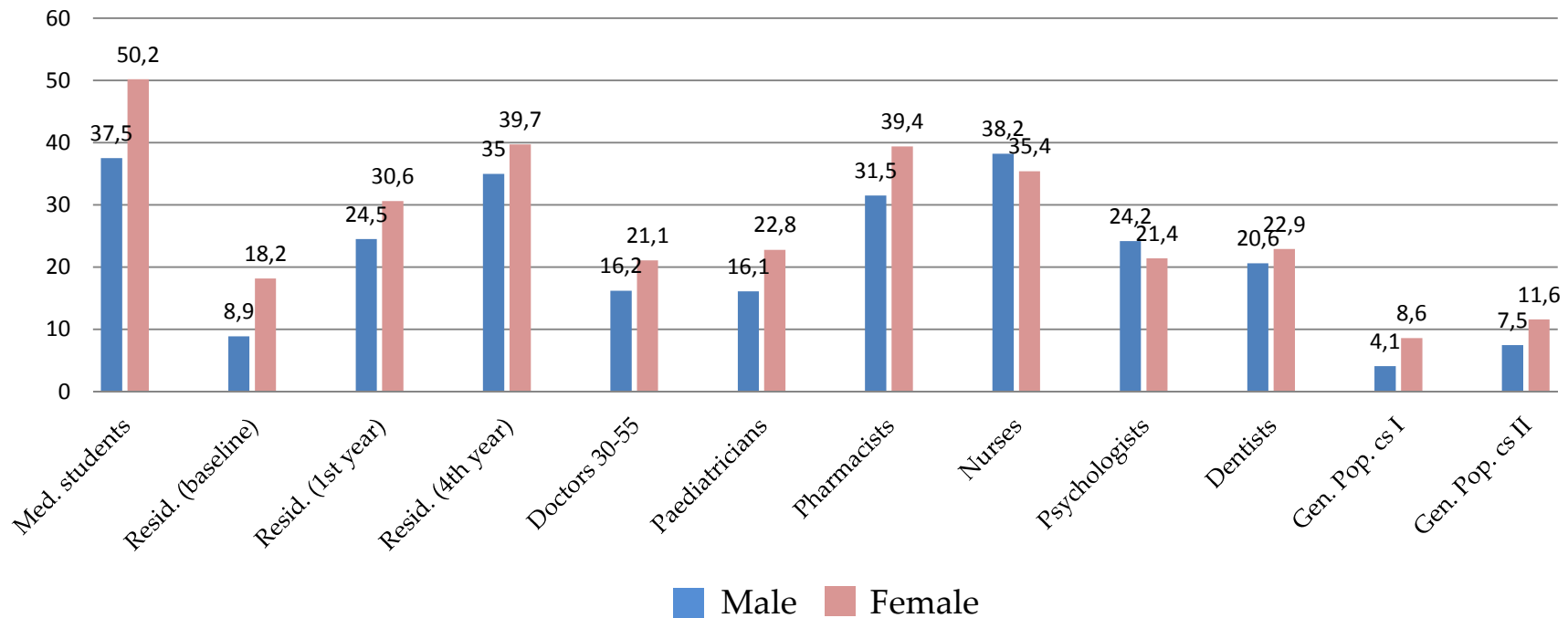
Questionnaire

- **Working conditions:** schedule, number of on duty hours...
- **Workplace characteristics:** type (primary care, hospital), size, sector (public, private)
- **Psycho-social risks measurement:** Resident Learning Survey, Oldenburg Burnout Inventory (OLBI), job content questionnaire adaptation (Karasek), Maslach Burnout Inventory (MBI)

Some results

Stress in health professionals is a reality

Risk of poor mental health (GHQ-12)

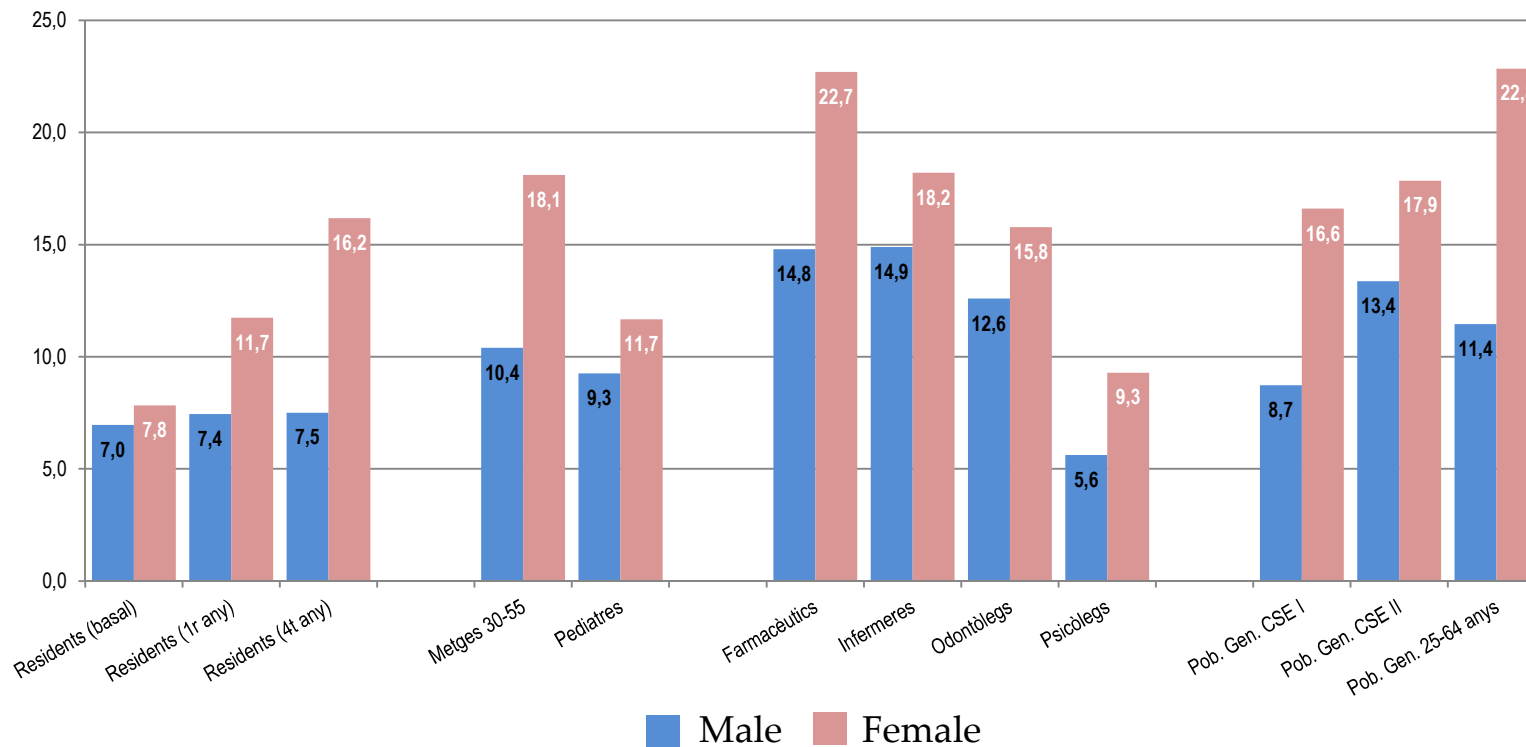


Criteria: 3 or more

Source: Galatea Foundation studies and Health Catalan Survey (ESCA)

More risk of poor mental health among health professionals than among general population. More risk among women.

Stress in health professionals is a reality: anxiety and depression



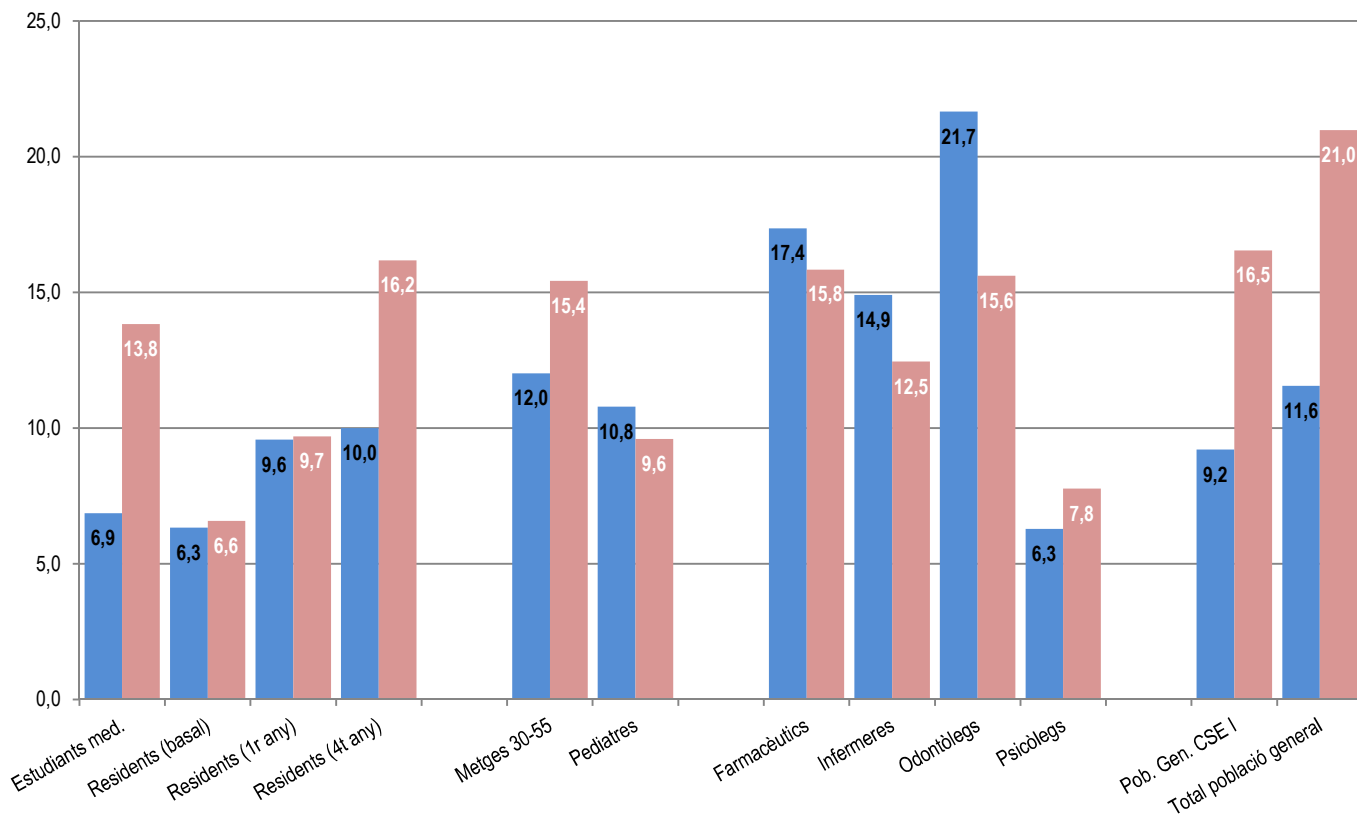
Source: Galatea Foundation studies and Health Catalan Survey (ESCA)

Risk of poor mental health >>> anxiety and depression -> Resilience

Prevention is important

Psychologists OK

Stress in health professionals is a reality: consumption of hypnotics and tranquilizers

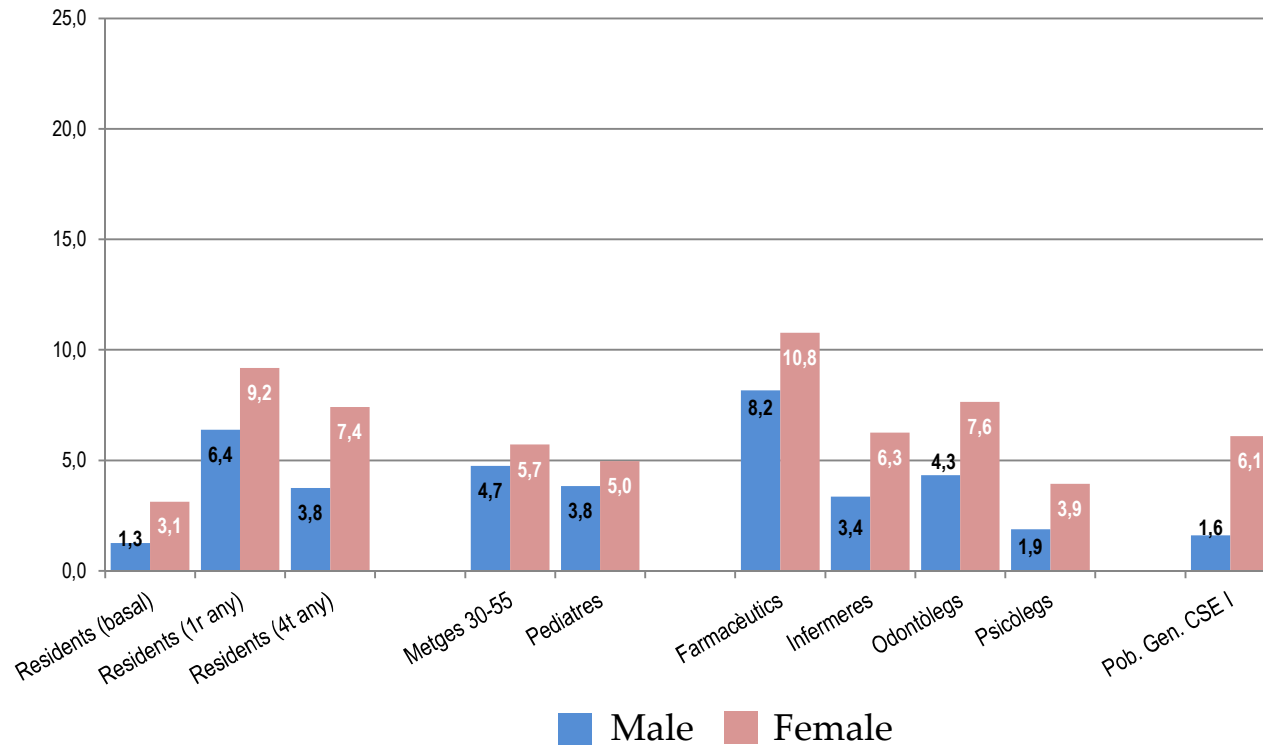


Source: GF studies and Health Spanish Survey ■ Male ■ Female

Consumption increases along residency, reaching the same level of general population in the last year

Pharmacists, nurses and dentists: men overall

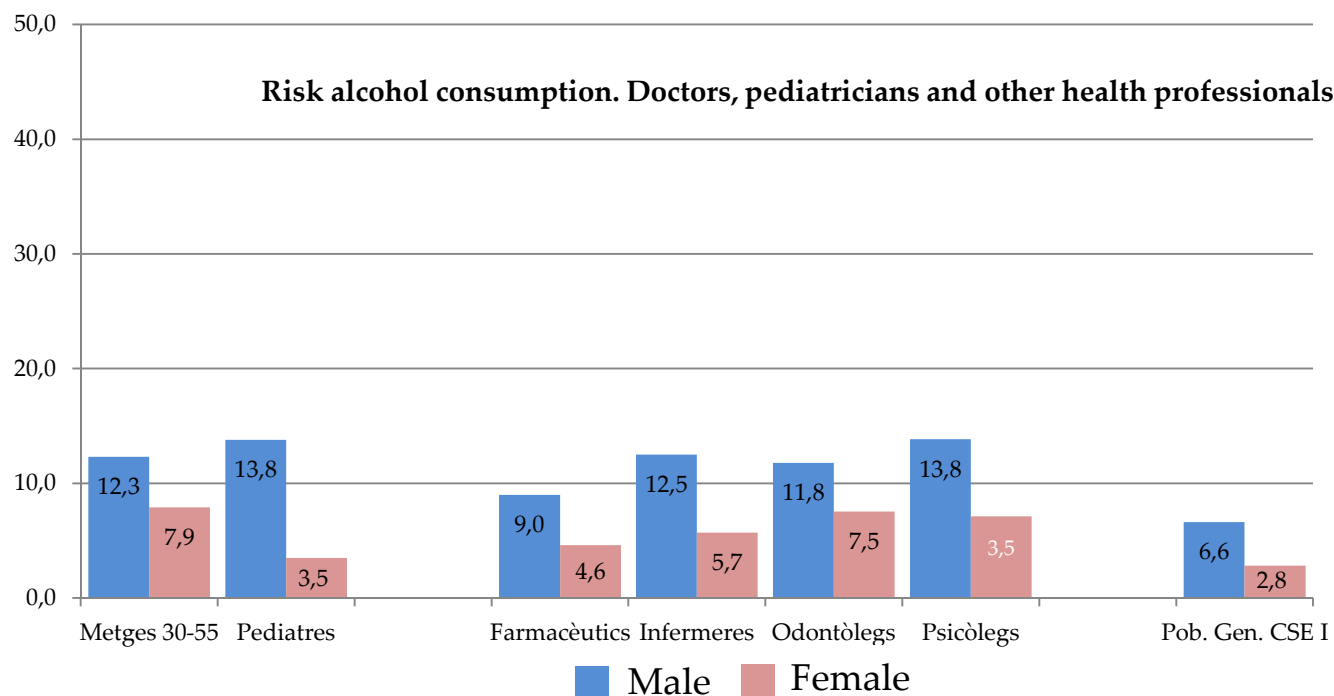
Stress in health professionals is a reality: consumption of antidepressants



Source: GF studies and Health Spanish Survey

Higher in women in all targets
1st year residents
Pharmacists

Stress in health professionals is a reality: risk alcohol consumption

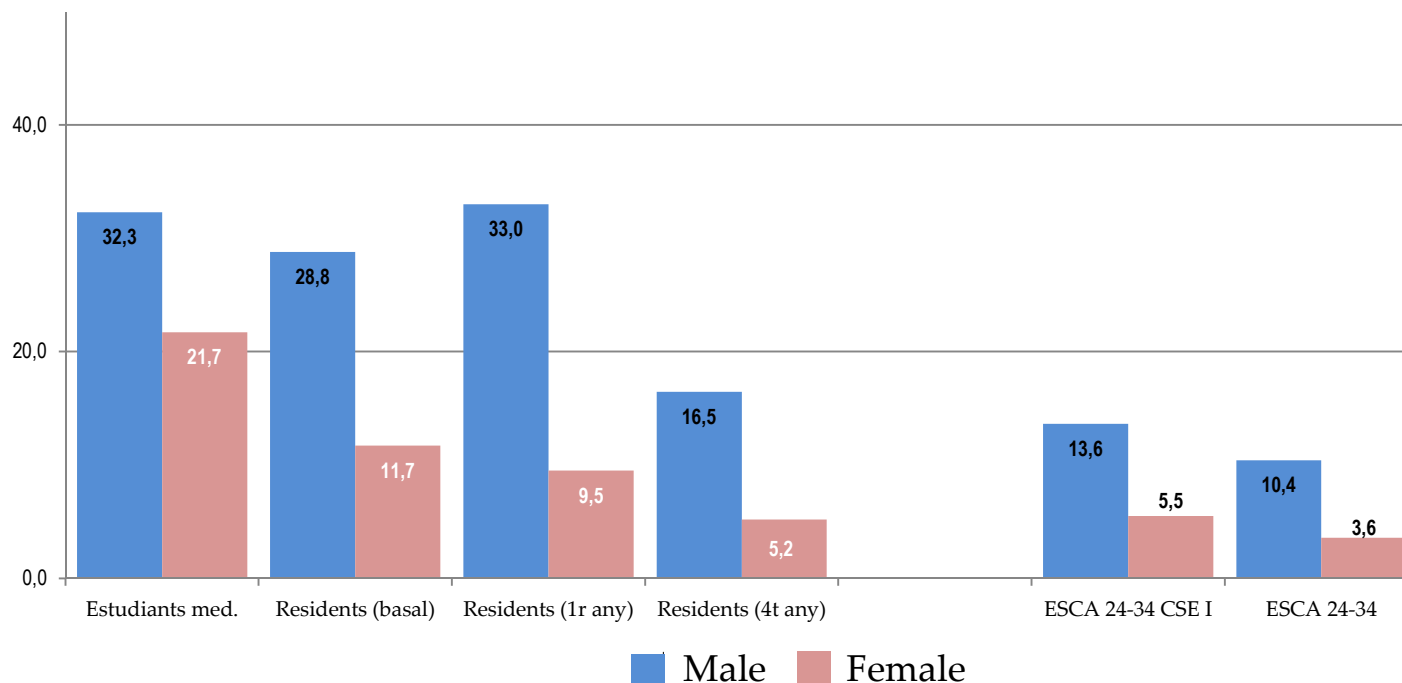


Source: Galatea Foundation studies and Health Catalan Survey (ESCA)

Higher in men in all targets
Higher in health professionals than in general population

Stress in health professionals is a reality: risk alcohol consumption

Risk alcohol consumption. Medical students and residents



Source: Galatea Foundation studies and Health Catalan Survey (ESCA)

Pattern of consumption: binge drinking

Support activities to foster wellbeing

- Emotional Support for health professionals.



- Training:
 - activities for resident doctors and their tutors,
 - tools and skills to improve burnout prevention,
 - on line learning platform
- Materials: guides, brochures...

Support activities to foster wellbeing

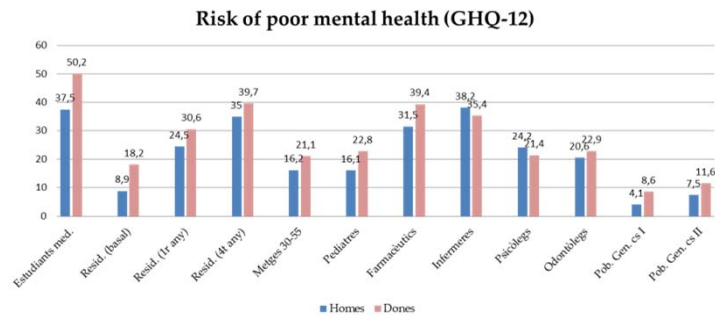
Materials



Training

“Take home message” - Summary

PAIMM20 anys
1998-2018



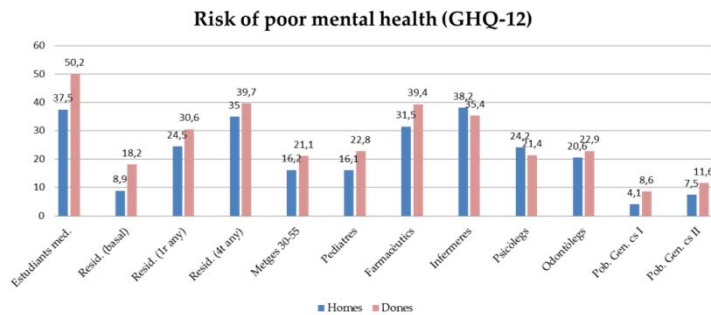
- **Caring programmes:** Health professionals Councils + GF

- **Health care supplier:** Galatea Clinic + Health Department

- **Research** “Stress in health professionals is a reality”: GF
 - Emotional Support
 - Training

“Take home message” - Summary

PAIMM20 anys
1998-2018



• **Caring programmes:**
Barcelona Medical Council + Galatea Foundation

• **Research “Stress in health professionals is a reality”:** GF

- Emotional Support
- Training

• **Health care supplier:**
Galatea Clinic (owned by BMC and partner) + Health Department

“Where do we go from here”

- Future research:
 - Further analyses to obtain more in depth conclusions: gender, consumptions, ...
 - Update study among doctors
 - Qualitative studies to learn more about risk and protective factors
 - Burnout
- Future training: teamwork, communication skills, burnout self-detection

Thank you for your attention



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