



Doctors' health and self care

The RACGP defines doctors' health as 'the understanding and practice of safe health behaviours that are necessary to achieve and maintain physical, psychological and social wellbeing.' There are multiple stressors on the physical and psychological health of doctors, including the high-stakes nature of the work, managing uncertainty and time pressures. Wellbeing of registrars can be further impacted by the pressures of exam preparation and relative inexperience with general practice. It is a core role of the supervisor to appraise and support their registrar's wellbeing and self-care.

TEACHING AND LEARNING AREAS 	<ul style="list-style-type: none"> Warning signs of stress and burnout Managing uncertainty Time management strategies Self-care strategies Mandatory reporting of health practitioners How to be a patient Supports for doctors' health and wellbeing – DRS4DRS 						
PRE-SESSION ACTIVITIES	<ul style="list-style-type: none"> Read the RACGP Good Practice article Workplace Scars 						
TEACHING TIPS AND TRAPS 	<ul style="list-style-type: none"> GPs are at high risk of psychological issues such as stress, anxiety, depression and addiction (particularly to alcohol and prescription drugs) Doctors and their families may have poorer health outcomes as patients due to under- and over-treatment and inappropriate referrals Healthy doctors are able to provide better quality patient care and are less likely to make mistakes Always leave work at work Never self-prescribe Encourage the registrar to have their own GP Incorporate assessment and support of wellbeing and self-care into regular teaching and feedback sessions All health practitioners have a legal obligation to report any other health practitioner who has behaved in a manner that constitutes notifiable conduct 						
RESOURCES 	<table border="1"> <tbody> <tr> <td data-bbox="328 1621 434 1827">Read</td> <td data-bbox="434 1621 1498 1827"> <ul style="list-style-type: none"> RACGP Doctors Health Contextual Unit Keeping the doctor alive; a self-care guidebook for medical practitioners Australian Doctor's Health Network GPRC Wellbeing resources AHPRA mandatory notification resources </td> </tr> <tr> <td data-bbox="328 1827 434 1899">Watch</td> <td data-bbox="434 1827 1498 1899"> <ul style="list-style-type: none"> Finding your work-life balance as a GP registrar </td> </tr> <tr> <td data-bbox="328 1899 434 1966">Listen</td> <td data-bbox="434 1899 1498 1966"> <ul style="list-style-type: none"> 2020 NPS Medicinewise podcast - Mental health for health professionals </td> </tr> </tbody> </table>	Read	<ul style="list-style-type: none"> RACGP Doctors Health Contextual Unit Keeping the doctor alive; a self-care guidebook for medical practitioners Australian Doctor's Health Network GPRC Wellbeing resources AHPRA mandatory notification resources 	Watch	<ul style="list-style-type: none"> Finding your work-life balance as a GP registrar 	Listen	<ul style="list-style-type: none"> 2020 NPS Medicinewise podcast - Mental health for health professionals
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FOLLOW UP/ EXTENSION ACTIVITIES	<ul style="list-style-type: none"> Undertake the RACGP gp learning module Addressing doctors' health in general practice 						