

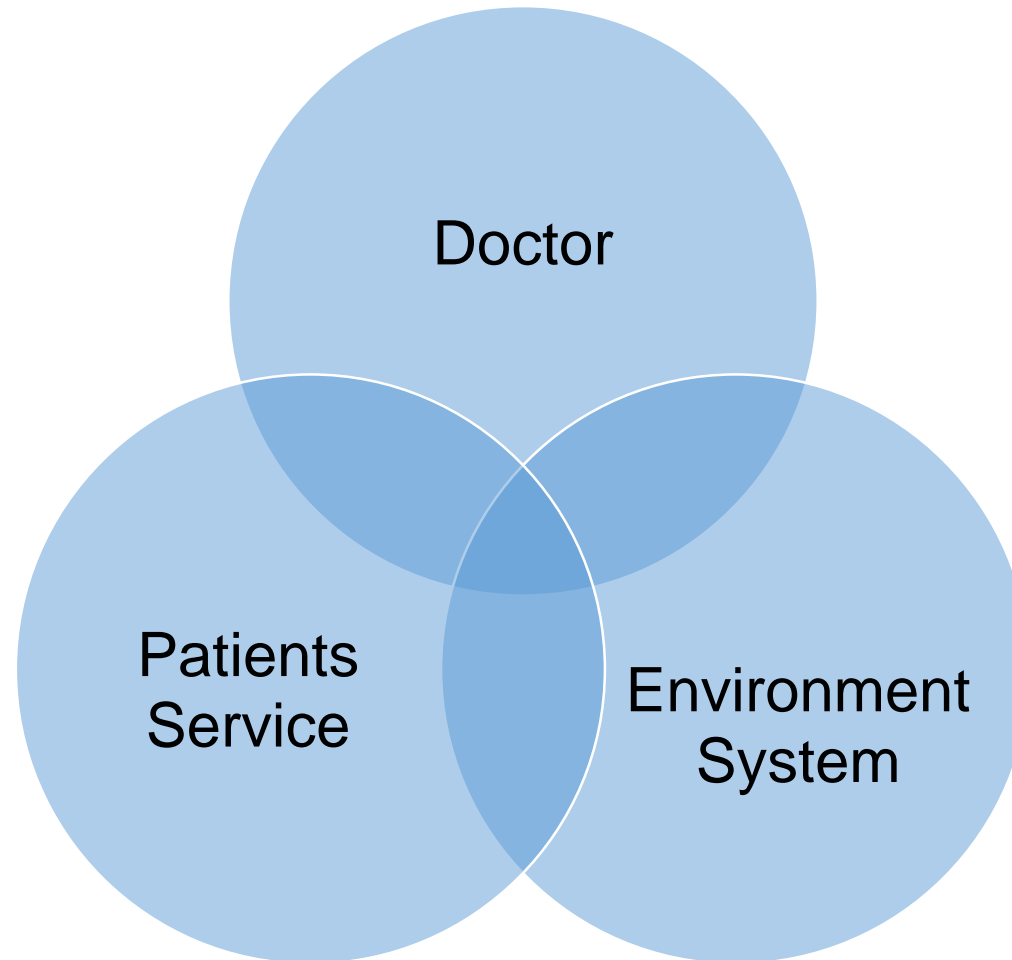
Weathering the storm: What you have in your doctors bag

Dr Jan Birtle

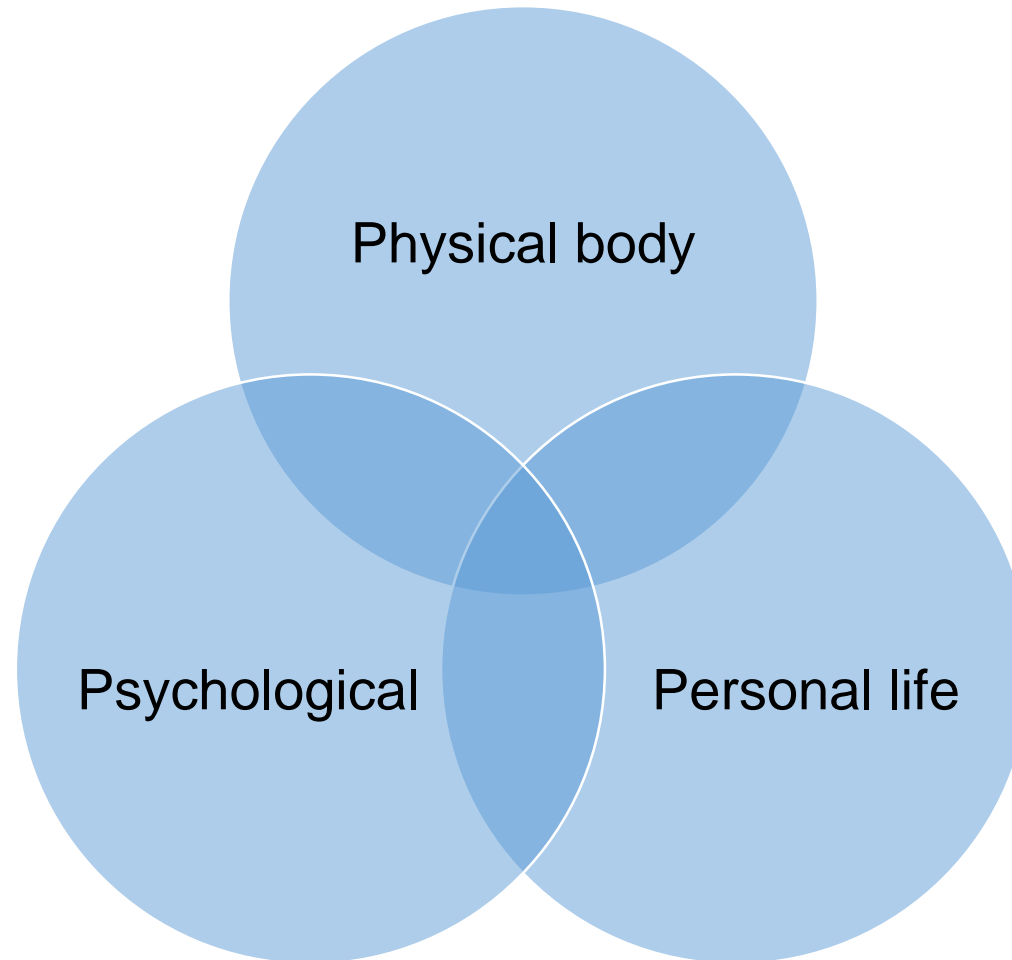
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Physician at work – balancing act



Every doctor is human



Doctor as a person

- Remember all Doctors are human – we are not superheroes
 - In your Doctors Bag
 - Self knowledge
 - What sustains you - floats your boat – replenishment

Action 1 : Look after yourself - your oxygen mask

One day at a time

Regular self check

Physical , psychological , home & social

Time at work – time for yourself

Connect - balance privacy vs isolation

Dealing with emotions – defences - write – music – exercise

Patients – clinical service
'Ready position'
Alert, centred, balanced, mobile



Overstretch happens
Rapid resumption ready position



Doctor in clinical services

- Remember all Doctors are human – we are not superheroes
 - In your Doctors Bag
 - Ready position
 - Team working

Action 2 : Work together

Reporting for duty

Communicate

Support each other

Prioritise who, what, when

Those self isolating - can support coordinated efforts

Reporting off duty

Doctor in system

- Remember all Doctors are human – we are not superheroes
 - In your Doctors Bag
 - Supervision
 - Reflective Practice
 - Peer relationships
 - Line management
 - Networks
 - Professional support

Action 3 : Use resources - take in & reach out

System support

- Open systems – bringing energy, ideas, hope
- Global sharing info and expertise - learning
- NHS #NHS #clapforcarers
- NHS Physicians Health
- Professional support
 - GMC – relaxation flexibility
 - BMA – doctors safety
 - RCPsych
 - COVID-19
 - PSS
 - Mentoring and Coaching - network
 - Trainee support

Weathering the storm

The Whole is Greater than the Sum of its Parts

