Weathering the storm:
What you have in your doctors bag

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Physician at work – balancing act
Every doctor is human

- Physical body
- Psychological
- Personal life
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

Personal self-awareness journey

Service
Be on court
Ready position

Environment
Situation
report
Protection