

"We All Really Need to just Take a Breath": Composite Narratives of Hospital Doctors' Well-Being during the COVID-19 Pandemic.

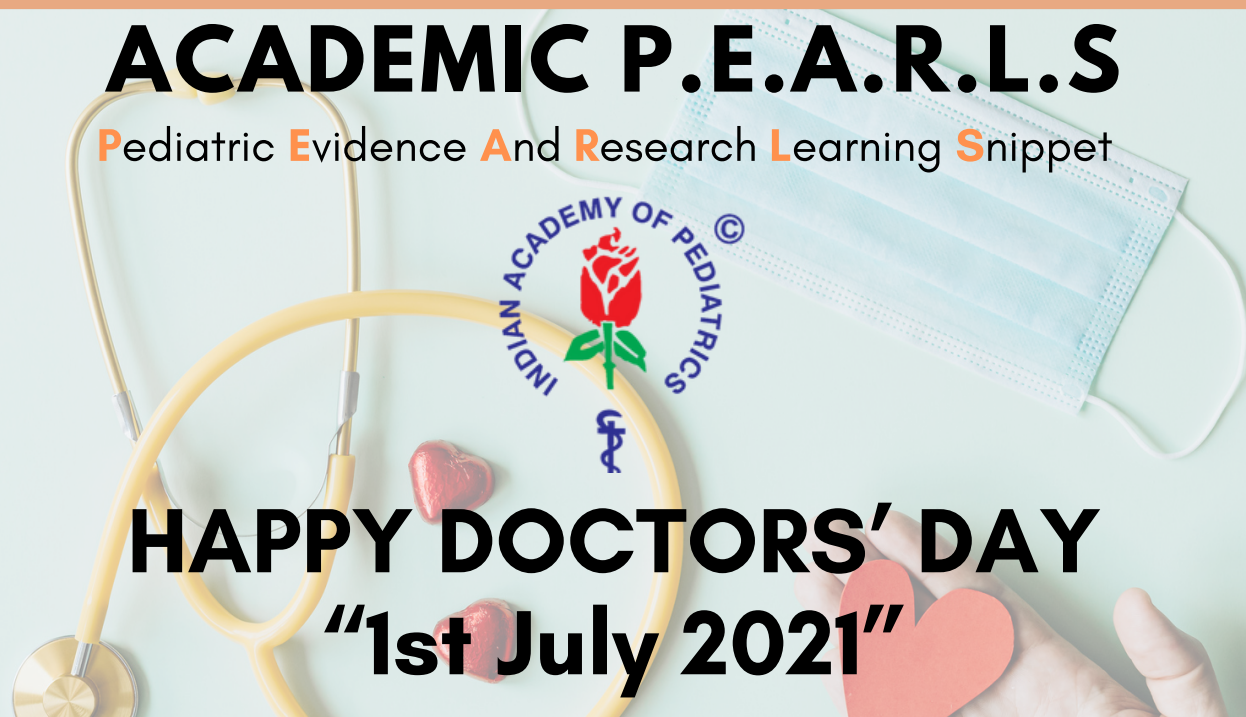
Int J Environ Res Public Health. 2021;18(4):2051. Published 2021 Feb 19.

Background: The coronavirus disease 2019 (COVID-19) pandemic poses a challenge to the physical and mental well-being of doctors worldwide. Countries around the world introduced severe social restrictions, and significant changes to health service provision in the first wave of the pandemic to suppress the spread of the virus and prioritize healthcare for those who contracted it. This study interviewed 48 hospital doctors who worked in Ireland during the first wave of the pandemic and investigated their conceptualizations of their own well-being during that time (March–May 2020). Doctors were interviewed via Zoom™ or telephone. Interview transcripts were analyzed using structured thematic analysis.

Conclusion: The doctors in this study shoulder a double burden in events like COVID-19, facing the same societal changes and emotional stressors as everyone, alongside greater risk of exposure and additional work pressures. Their risk of COVID-19 also affected these doctors' families, causing further anxiety. Existing stresses over health system strain, burnout and work–life balance were exacerbated by the pandemic. This study also found that despite the risks of contracting COVID-19, many doctors saw some improvements to their physical well-being in the first wave of the pandemic. However, most also experienced a decline in their mental well-being due to anxiety, emotional exhaustion, guilt, isolation and poor support. These findings shed light on doctor well-being during COVID-19, and the ways in which they have been affected by the pandemic, both professionally and personally.

ACADEMIC P.E.A.R.L.S

Pediatric Evidence And Research Learning Snippet



HAPPY DOCTORS' DAY

"1st July 2021"



DR PIYUSH GUPTA
PRESIDENT, IAP 2021

"DOCTORS' DAY IS A DAY FOR US TO REFLECT AND CONTEMPLATE ON THE CHANGING TIMES. IT IS ESSENTIAL FOR DOCTORS TOO, TO MAKE EFFORTS TO RE-ESTABLISH THE FADING TRUST WITH PATIENTS. PROFESSIONAL ORGANIZATIONS SHOULD JOIN HANDS WITH GOVERNMENT HEALTH CARE AUTHORITIES TO MAP OUT STRATEGIES TO STRENGTHEN DOCTOR-PATIENT BOND."

"NATIONAL DOCTOR'S DAY, FIRST CELEBRATED IN 1991 IS OBSERVED EVERY YEAR ON 1ST OF JULY IN INDIA IN THE HONOR OF DR. BIDHAN CHANDRA ROY. LETS US CELEBRATE THIS TO RECOGNIZE AND APPRECIATE THE CONTRIBUTIONS OF ALL DOCTORS WORKING HARD FOR THE WELL BEING OF INDIVIDUAL, SOCIETY & NATION. COVID-19 HAS CHANGED EVERYONE'S OUTLOOK-LET US ALL ADAPT TO THE NEW CHANGE "



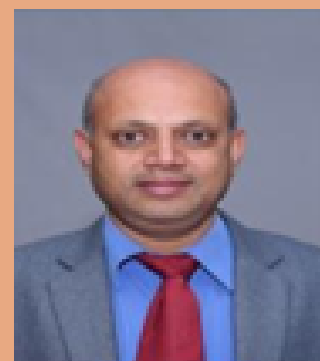
DR REMESH KUMAR R.
PRESIDENT IAP 2022



DR BAKUL JAYANT PAREKH
PRESIDENT, IAP 2020

"DOCTORS HAVE A MAJOR ROLE IN THE WELFARE OF THE ENTIRE SOCIETY. THE JOB IS DEMANDING AND THEY PUT IN LABORIOUS LONG WORKING HOURS, FOLLOW TOUGH DUTY SCHEDULES AND MAKE THEIR PATIENTS THEIR PRIORITIES – FOR THIS THEY SHOULD BE RIGHTLY RECOGNIZED AND INDEED, THIS IS WHAT THE NATIONAL DOCTORS' DAY IS ALL ABOUT."

"RESPECT THE DOCTORS, THEY DESERVE IT" – THIS IS ALL WE EXPECT, AFTER PUTTING IN RIGOROUS, LONG WORKING HOURS – IN THESE DIFFICULT TIMES. BOTH THE MEDIA AND GENERAL PUBLIC NEED TO UNDERSTAND THAT THE DOCTORS ARE HERE FOR THE WELFARE OF SOCIETY AND MEDICAL PRACTICE IS HIGHLY CHALLENGING AND DIFFICULT . THIS DAY IS A REMINDER OF THE VALUE OF DOCTORS IN SOCIETY."



DR GV BASVARAJ
HON SECRETARY, IAP 2021-22



DR MANINDER S DHALIWAL

"Happy Doctors' Day"

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Reference

Creese J, Byrne JP, Conway E, Barrett E, Prihodova L, Humphries N. "We All Really Need to just Take a Breath": Composite Narratives of Hospital Doctors' Well-Being during the COVID-19 Pandemic. *Int J Environ Res Public Health*. 2021;18(4):2051. Published 2021 Feb 19. doi:10.3390/ijerph18042051