



Need of Counselling in medical professionals

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ABSTRACT

According to WHO, the definition of ideal mental health is not about absence of mental diseases or psychological problems. It is state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his/her community. In present paper core of focus is about the stresses and burnout situations to which a health professionals encountered in his/her daily routine. And how these things affect his/her mental and social wellness and what is the role of counselling in it. For the same in-depth interview has been performed by counsellor with 5 doctors. Content of the interview was comprehensive enough to ask about the basic interests, journey of becoming a successful professional and the kinds of problems the subjects face. Counsellor has emphasised on some important domains such as Drive, Collaboration, Humanity, Temperance, Humility and Accountability. Investigator has observed that counselling extends ability of judgment in the subject in a positive manner. And its makes subject contextually aware, cognitively simpler, analytical, decisive, critical thinker, insightful and adaptable. This as a result helps the professional to make a better work life balance.

Keywords: Counselling, Interview, Medical professionals

INTRODUCTION

As a professional from medical field, work life balance¹ often seems to be an impossible task. They can't spare enough time for sleep, food even. In this scenario, planning a day out with family and friends often remains as a dream. These busy schedules do impact physical as well as mental health in them. Burnout's rates and doctor's dissatisfaction remains too high. Work life balance²

is the buzzword answer often cited to solve these problems, but incorporating 'life' into a physician's career is easier said than done. Typical physicians/surgeon duties include patient contact, administrative tasks, charting, and community outreach activities. The additional mobile technology also means that work can easily creep into life time. Keeping in view of the above problem, as a counsellor it stroked in the mind of the author of this paper, that the medical

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professionals need psychological counselling. In the following paper, a few of the counselling issues will be discussed.

MATERIAL AND METHODS

An unstructured one on one interview method was decided to understand the real challenges the medical professionals generally face. The author randomly selected four hospitals/ nursing homes in the close vicinity.

She took permission from the MS of the hospital to conduct this activity. The second step was to pick five doctors from different fields for in-depth interview³.

The author then contacted them individually with due permission from the same. A time of mutual convenience was set for the same. Content of the interview was comprehensive enough to ask about the basic interests, journey of becoming a successful professional and the kinds of problems the subjects face. It also included questions about their issues at personal levels. A report was then prepared on the basis of the twenty interviews. The counselling issues were then postulated⁴.

ANALYSIS AND DISCUSSION

Analysis of the interviews revealed that doctors/medical professionals should work upon the following character, dimensions and elements to comfort themselves and to avoid the stresses affecting their efficacy at personal /professional front.

- Drive: check out on introspection about his/ her passion about the profession. Do the subject is vigorous result oriented demonstrates initiative; striving for excellence. If answer is 'Yes'. The subject has the drive for the profession. It fills the individual with optimism and satisfaction.
- Collaboration: It's another skill which help in easing out the unnecessary burden on mind. It is about being co-operative,

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collegial, open minded, flexible, interconnected.

- Humanity: It is really an essential component about a medical profession; as happiness and pain relieving of someone else's life give immense pleasure and fills energy in a tired body and mind.
- Temperance: Patient, calm, composed, self-controlled and prudent. This is what is required in all professionals, but is very important in medical field. The patients and their attendants often loose temperament and start abusing the doctor/ hospital/ the system as a whole. In this situation a calm and composed mind often handles the situation better.
- Humility: Self-awareness, modesty and remaining a continuous learner and respectful are the qualities that give an edge to an individual over the fellow co-workers. The knowledge gives self-confidence. Latest information on the diagnostics and treatments imparted a different kind of satisfaction.
- Accountability: The one who takes ownership, accepts consequences and possess sense of responsibility, often pave his/her path for success and consistency.

CONCLUSIONS

All the above qualities in a medical professional often helps him/her in progressing in their work place in a more comfortable manner. It further extends power of judgment in the subject. Means he /she becomes more contextually aware, cognitively simpler, analytical, decisive, critical thinker, insightful and adaptable. This as a result helps the professional to make a better work life balance. A well balanced social and personal life along with progressive professional carrier help improving the physical and mental health status of a medical professional.