Immediate past president of @ranzcoh @DrSteveRobson addressing the importance of doctors mental health & to keep the conversation going #RANZCOG19 🙌
Dr Bec Szabo @inquisitiveGyn · Oct 16
@drjosaid opening day 3 on difficult conversations. @DrSteveRobson up first to talk about his lived experience. #mh4docs #wellbeing #MentalHealthAwareness

Dr Bec Szabo @inquisitiveGyn · Oct 16
#ranzcog19 @DrSteveRobson outlining saying sorry about mesh, endometriosis and other things as @ranzcog president. Discussing the trolling that cane afterwards from people saying the apology wasn’t enough.
Dr Bec Szabo @inquisitiveGyn · Oct 16
@DrSteveRobson outlining the emotional response that took on him and being asked to accept responsibility. #ranz cog19

Lessons and questions for women’s health specialists following pelvic mesh storm

An emotional Robson told colleagues he had not been prepared for the vitriol that followed his public apology to affected women, with hundreds of people contacting him personally and bombarding his practice with phone calls accusing him of being a “butcher” and running an “abattoir”. There was an “extraordinary” atmosphere of hostility and high emotions, with media reports drawing comparisons to the thalidomide birth defects scandal.

Dr Bec Szabo @inquisitiveGyn · Oct 16
@DrSteveRobson explaining the emotional toll that all took and the memories back to his time as an intern in Rockhampton. Watching the airport from the doctors lounge Steve applied to be a flight attendant. Was rejected because he didn’t have a first aid certificate. #RANZCOG19
Dr Bec Szabo @inquisitiveGyn · Oct 16
@DrSteveRobson telling the audience about his suicide attempt as an intern. He shared this story publicly last year after the stress of dealing with the mesh and other matters as president of @ranz cog #ranz cog 19

Dr Bec Szabo @inquisitiveGyn · Oct 16
@DrSteveRobson @theMJA 2018 reveals suicide attempt as intern in 2018 and then colleague Dr Kate Tree responded to say Steve we knew. insightplus.mja.com.au/2018/42/doctor... #ranz cog 19

Doctors’ mental health: a heartfelt reply to Steve Robson - InsightPlus
Sometimes silence is not the best protection for the mental health of young doctors, writes Kate Tree
insightplus.mja.com.au
Dr Bec Szabo @inquisitiveGyn

@DrSteveRobson immediate past president @ranzcoh evidence clear on burnout, mental health problems, disclosing, risk of adverse outcomes for patients and risk to ourselves. @anzjog #ranzcoh19

Dr Bec Szabo @inquisitiveGyn · Oct 16

#obgyne tops the list for burnout amongst physicians #ranzcoh19 1 in 9 reported suicidal ideation

Mental Health in Obstetricians and Gynaecologists

- A study of obstetrics and gynaecology specialists in Japan reported that 8.4% of respondents suffer either from full-blown depression or an anxiety disorder.

- The authors identified a heavier workload, less personal control, lower work satisfaction, and longer working hours as being independent risk factors for mental distress.

Burnout in Obstetrics and Gynaecology

• The 2018 Medscape physician burnout and depression survey found that obstetrics and gynaecology specialists reported among the highest rates of burnout with a prevalence of 46% in respondents.
• Among the 14% of respondents who reported being both depressed and burned out, obstetrics and gynaecology specialists topped the list at 20%.

Definitely in a risk group for mental health issues, suicidal ideation and suicide. One of the issues is cascade of events if seek help or report outlines @DrSteveRobson. #franzcog19

Being found unfit for practice may trigger a cascade of adverse social and financial consequences. Those engaged in solo practice may be particularly vulnerable due to isolation and lack of oversight by supportive colleagues.

Strong disincentives for us as doctors to seek help. #franzcog19

We actively admit students to medical school that are vulnerable to mental distress and burnout. We need to reconsider selection says @DrSteveRobson Ping @MedicalDeans #franzcog19
Dr Bec Szabo @inquisitiveGyn · Oct 16
Replying to @inquisitiveGyn
#ranzco19

“I will attend to my own health, well-being, and abilities in order to provide care of the highest standard.”

Declaration of Geneva
World Medical Association amended
“Physician’s pledge”

Dr Bec Szabo @inquisitiveGyn · Oct 16
This is about us as doctors and also patients. #ranzco19

Healthy doctors understand us better, make good decisions, and offer us the best chance of good health.¹

¹Broom A. You should care about your doctor’s health, because it matters to yours. The Conversation

Dr Bec Szabo @inquisitiveGyn · Oct 16
#ranzco19 high risk environments, #burnout, we are all at risk.

The explanation is that doctors are held to the highest standards, are less likely to seek help and support when psychological problems arise, and work in an environment that can be unrelentingly intense in an emotional sense.

Why are doctors at particular risk?
Dr Bec Szabo @inquisitiveGyn · Oct 16

We need visible buy in and support from leadership and make it ok to not be ok. It’s a patient safety issue we urgently need to start and continue to address. #ranz cog19

“When doctors struggle, the human side of the care they are trained to give suffers, and so do we as patients.”

Successful ‘wellbeing’ initiatives tend to have several characteristics in common:
- Visible ‘buy-in’ and support from the medical leadership.
- Formal ‘branding’ of the program.
- Adequate resources and funding are made available to support the program.