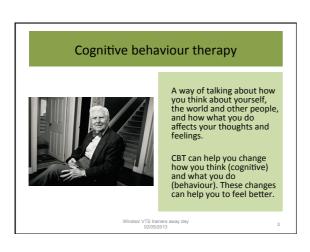
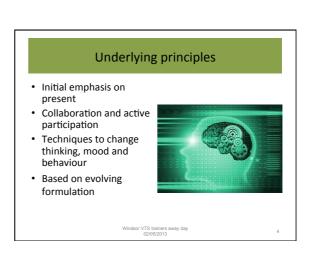
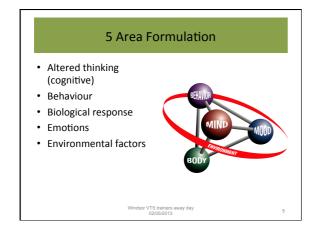
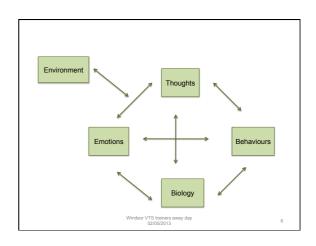
"What's Up Doc?" Skills based workshop Dr Evie Kemp MBBS MSC FFOM Lead Occupational Health Physician Oxford University Hospitals NHS Trust evie.kemp@ouh.nhs.uk

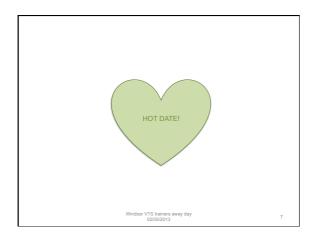












Dr X: background information

- F/T junior doctor
- Age 30
- Married to another doctor
- 2 small children
- Referred by clinical supervisor



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Last straw.....

Symptoms

- Low mood
- · Reduced appetite
- Crying
- Guilt
- Poor concentration and memory
- Thoughts of self harm but would not action
- Neck and shoulder pain



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Precipitating life events/ongoing stressors -work

- Juggling two careers
- Multiple job and house moves, including year abroad
- Studying for exams
- Work life balance
- Career crisis

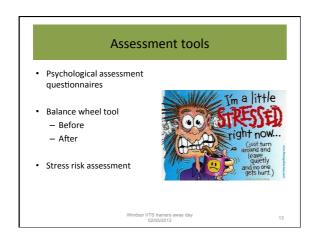
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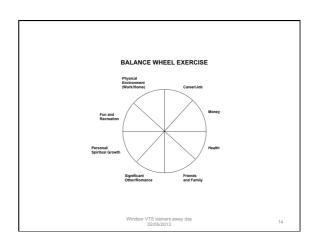
Precipitating life events/ongoing stressors -personal

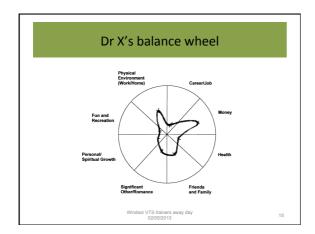
- Previous infertility and IVF before birth of first child
- Unexpected second pregnancy
- Both children sleeping badly
- Unrecognised and untreated postnatal depression
- Relationship with husband

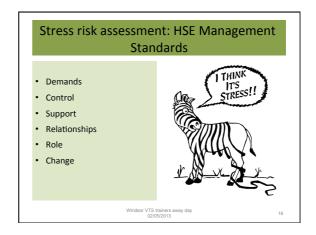
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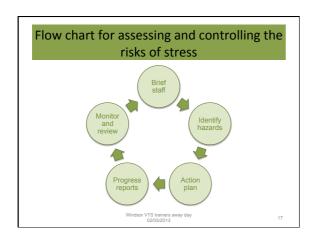
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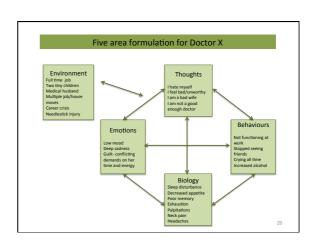








Indicates a score in the bottom 20% when compared to the benchmark scores and it indicates that this item is likely to be a significant source of stress to you and requires your immediate attention Indicates a score in the lower 50% when compared with the benchmark scores and it indicates that this may be a source of stress to you, there is scope for some improvement on this item and it needs addressing Indicates a score in the top 50% when compared to the benchmark score and it indicates a satisfactory/good response on this item at the time of completing the questionnaire



Plan

- · Unfit for work
- Discussion and normalisation of symptoms
- CBT
- Antidepressants
- Alcohol diary
- Home rehabilitation plan

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Aims of therapy • Resolve career crisis • Improve work life balance • Improve relationship with husband • Feel happy again

Challenging negative thoughts



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Cognitive errors

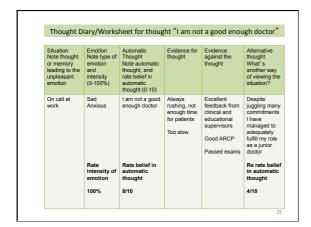
Faults in thinking process that help maintain negative thinking

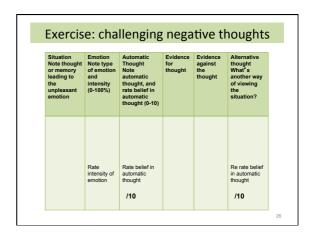
- All or nothing thinking
- Personalising
- Catastophising
- Jumping to conclusions



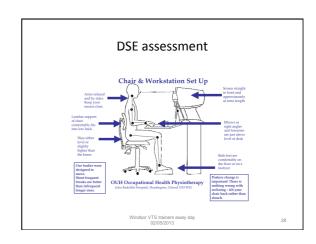
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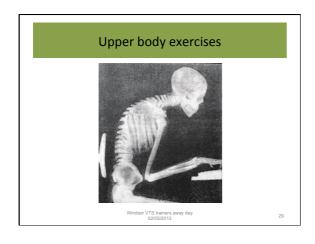
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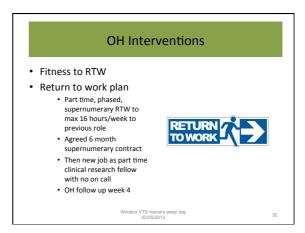




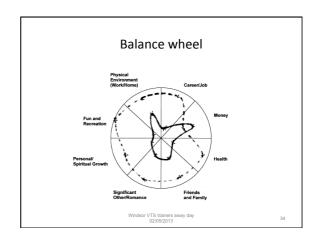


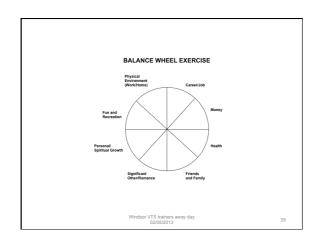














Risk of blood borne viruses

- Hepatitis B: 30% risk transmission
 Rx: booster dose of vaccine
- Hepatitis C: 3% risk transmission
 Rx: early treatment may clear virus and prevent chronic liver disease
- HIV: 0.3% risk transmission Rx: post exposure prophylaxis, ideally < 1hr



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ainers away day 5/2013

Needlestick Injuries

- Always report needlestick injuries
- Needle safe devices
- Immediate disposal of sharps
- NEVER re-sheath needles



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