



STUDY OF THE EFFECT OF SOME STRESSFUL FACTORS IN THE WORK OF GENERAL PRACTITIONERS AND SPECIALISTS OF OTORHINOLARYNGOLOGY

S. Alekova¹, V. Stoyanov², V. Slavova³, B. Parashkevova⁴, M. Platikanova⁵

¹ Section General medicine, Department of General medicine and Ophthalmology, Medical faculty, Trakia University, Stara Zagora

² Section Otorhinolaryngology, Department of Otorhinolaryngology and Dermatology, intensive treatment and EM, Medical faculty, Trakia University, Stara Zagora

³ Section Emergency medicine, Department of Anesthesiology, intensive treatment and EM, Medical faculty, Trakia University, Stara Zagora

⁴ Department of Social medicine and Health care, Medical faculty, Trakia University, Stara Zagora

⁵ Section Hygiene and ecology, Department of Hygiene, infectious diseases and epidemiology, Medical faculty, Trakia University, Stara Zagora

ABSTRACT

Presented by our publication examines the impact of a stressful factors in the work of the general medicine practitioners and specialists of Otorhinolaryngology. The study is based on a **sociological examination** of doctors from the region of Stara Zagora. The analysis results show the impact of stressful factors affecting the psycho-emotional state and efficiency of work of doctors surveyed.

Key words: stressful factors, family doctor, specialist of Otorhinolaryngology

INTRODUCTION

In everyday practice family doctor and specialist of Otorhinolaryngology are subjected to the effect of a number of stressful factors which influence the psycho - emotional state. This affects the health and work ability of the doctors.

GOALS

The present study aims to define some of the most common stressful factors which are exposed to general practitioners and specialists of Otorhinolaryngology the workplace.

MATERIAL AND METHODS

A sociological study was conducted among 74 general medicine practitioners and 14 specialists of Otorhinolaryngology from the region of Stara Zagora, for the period from February to March 2011, with the applied method of direct individual survey, done on a voluntary basis with guaranteed anonymity.

A standard questionnaire was used, which was aimed at the social-demographic profile of the

family doctors, including a specification of their practices, as well as questions about their daily activities and contact with contractual partners and colleagues.

At data processing recent mathematical and statistical methods were used, which give opportunity for a realistic assessment of the stressful effects.

DISCUSSION AND RESULTS

The number of doctors, who filled out the questionnaire carefully and responsibly was 88 - 74 family doctors and 14 specialists of Otorhinolaryngology.

The most numerous of the age groups among family doctors is the category 41-50 years - 46 /62%/, and for specialists of Otorhinolaryngology - over 51 years - 7 /50%/.

The excerpt includes 43 /58.1% females and 31 /41.8% males of general medicine practitioners and 2 /14,2% females and 12 /85,7% males of specialists of Otorhinolaryngology.

30 /40.5%/ of family doctors do not have a specialty, 31 /41.8%/ have a different specialty, and 13 /17.5%/ have specialized in general medicine. All specialists of Otorhinolaryngology have a specialty.

Family doctors who have experience from 6-10 years are 51 /68%/ of the surveyed, and a specialists of Otorhinolaryngology - 5 / 35.7% /are 11-15 years and 6 / 42% / over 16 years. The average length of the workday for most family doctors surveyed between 6 and 10

ALEKOVA S., et al.
hours - for 56 /75.6%/ of them, and also for specialists.

As one of the most common factors which have a stressful effect, doctors surveyed indicated the need to take quick and well-considered decisions in the short term - 81.08% /fig. 1/. The situation is similar for specialists of Otorhinolaryngology. For 57.1% of them are frequent cases in which they must act appropriately and flexibly, according to limited time resources /fig. 2/.

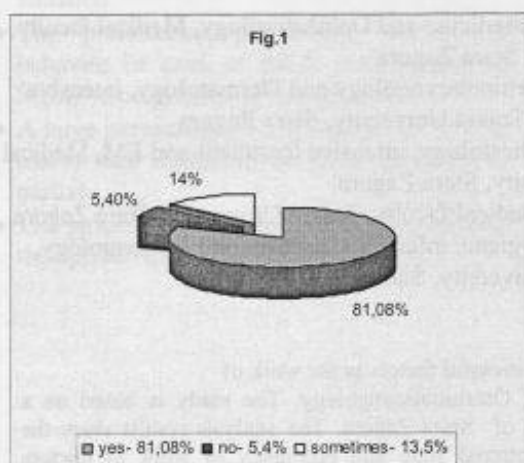


Fig. 1

37.8% of the general practitioners surveyed reported prevailing administrative character of

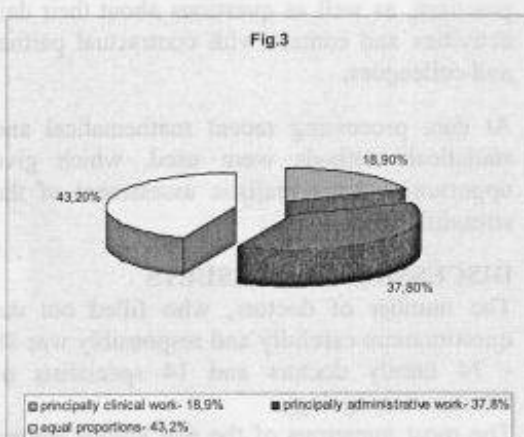


Fig. 3

Leading cause of professional stress for both groups of doctors surveyed are frequent changes in laws, regulations and provisions of

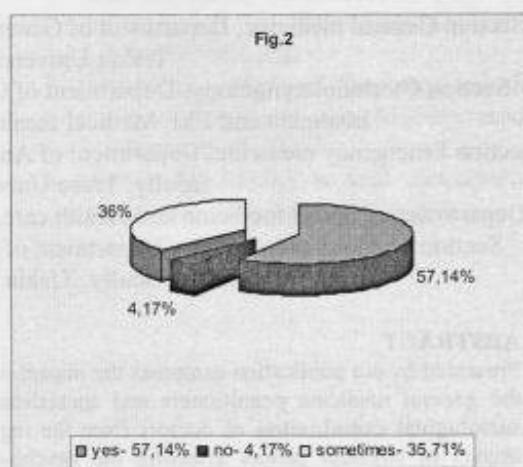


Fig. 2

their work /fig. 3/, while for the specialists of otorhinolaryngology, it is mainly clinical-diagnostics - 57.1% /fig. 4/.

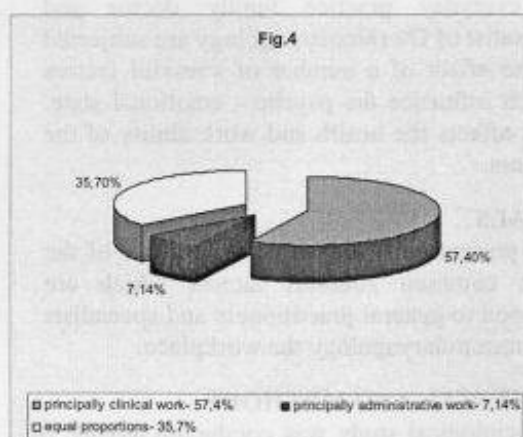


Fig. 4

the Nacional Health Insurance Fund and the Regional Health Insurance Fund /fig. 5- for GPs and fig. 6 -for the specialists of Otorhinolaryngology/

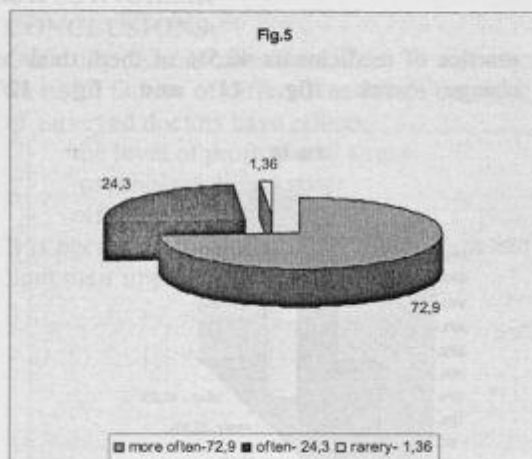


Fig. 5

Excessive control by the Regional Health Insurance Fund and other leading institutions predisposes to emotional strain and the

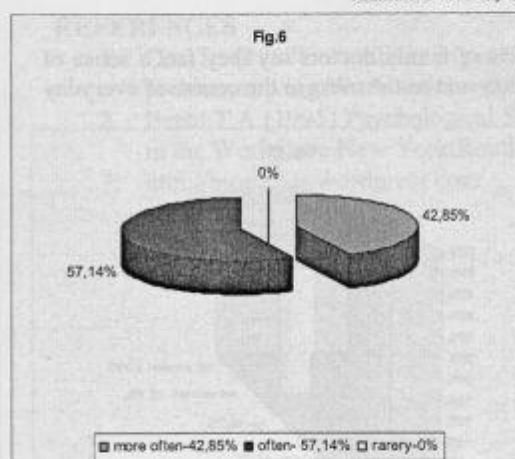


Fig. 6

occurrence of confrontations in both categories surveyed doctors /Fig. 7- for GPs and fig. 8 –for the specialists of Otorhinolaryngology/

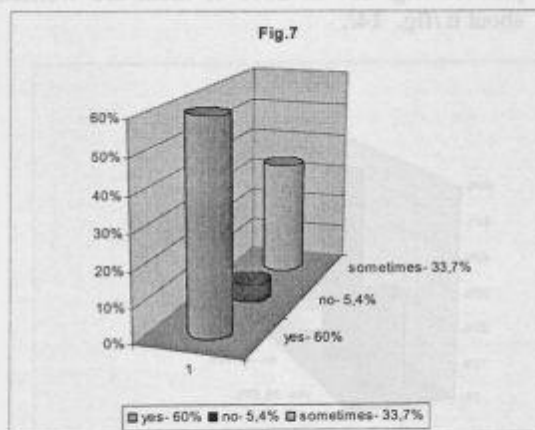


Fig. 7

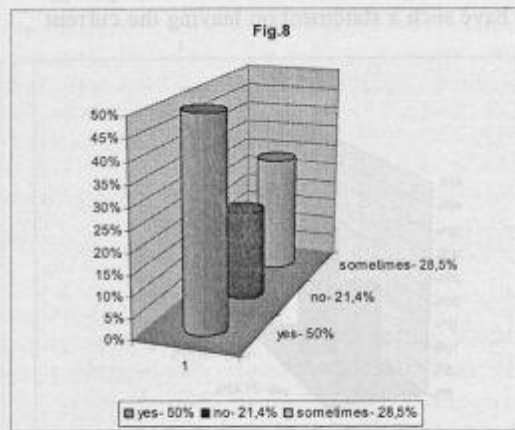


Fig. 8

90.5% of the general practitioners /fig. 9/ and 78.5% of the specialists of Otorhinolaryngology /fig. 10/ are willing to raise their professional -

level of qualification through additional training courses and seminars.

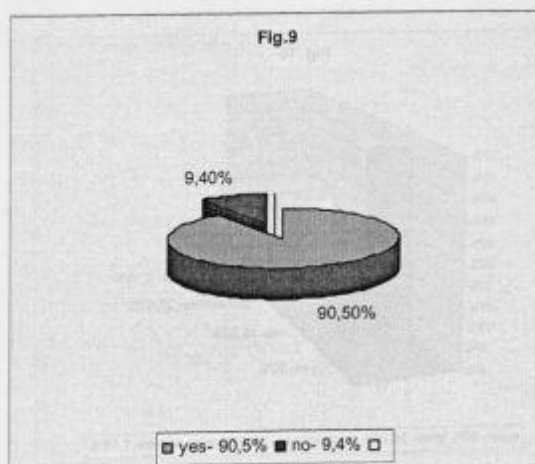


Fig. 9

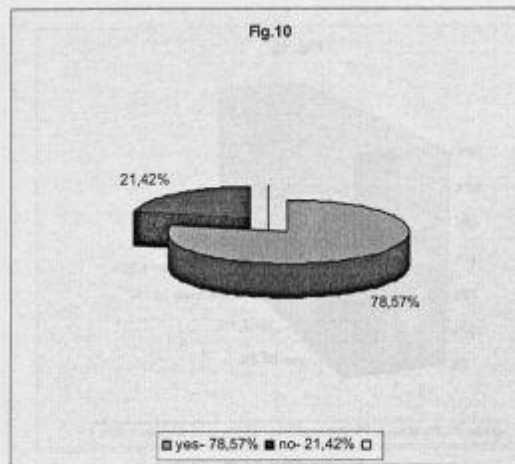


Fig. 10

47.2% of family doctors say they feel a sense of anxiety and restlessness in the course of everyday

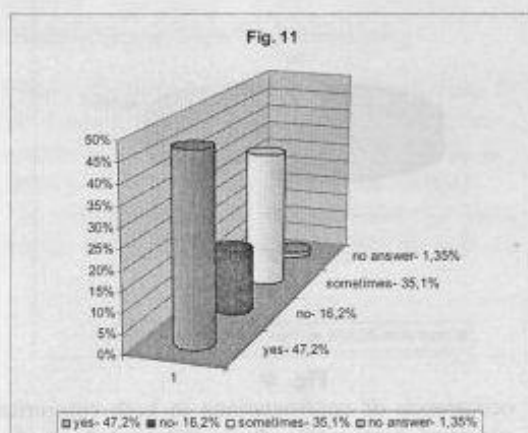


Fig. 11

42.5% of the specialists of Otorhinolaryngology also have such a statement on leaving the current

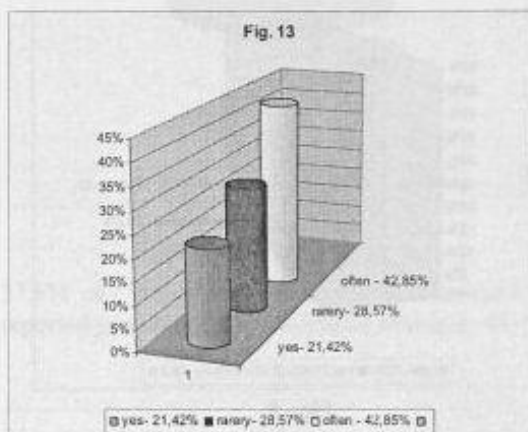


Fig. 13

Both groups surveyed doctors give a positive answer to the question whether everyday

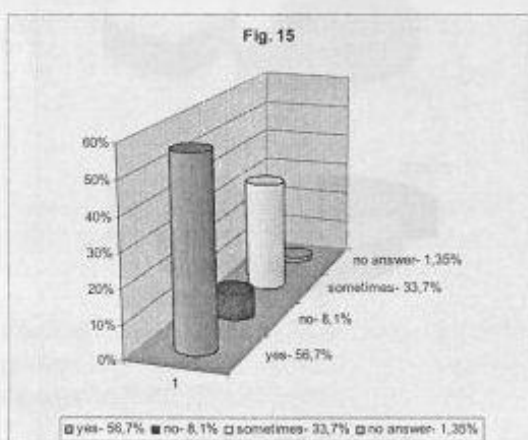


Fig. 15

practice of medicine as 40.5% of them think to change work /fig. 11 and fig. 12/.

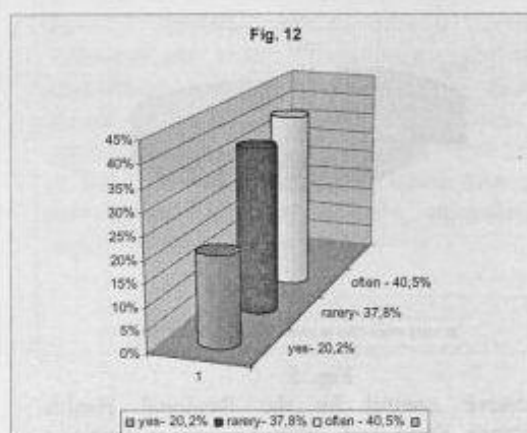


Fig. 12

practice /fig. 13/ as 28% of them are worried about it /fig. 14/.

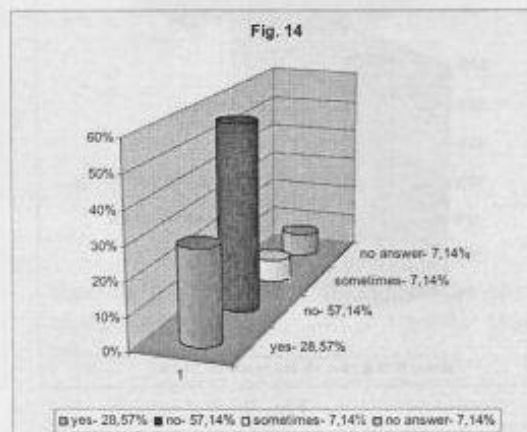


Fig. 14

professional stress affects the efficiency of their work/fig. 15- for GPs and fig. 16 –for the specialists of Otorhinolaryngology/.

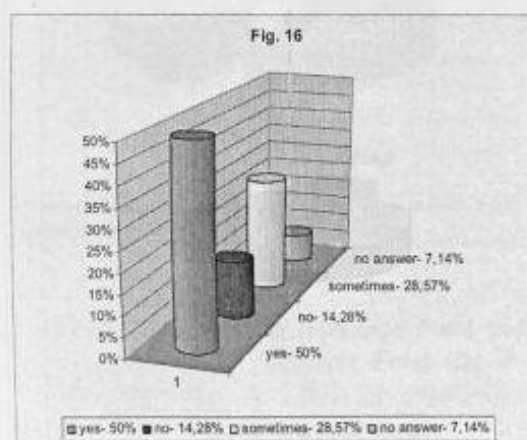


Fig. 16

CONCLUSIONS:

Our study demonstrates that:

Stressful factors of different nature in the work of surveyed doctors have effects:

- the level of professional stress
- psycho-emotional state
- efficiency of work

It is necessary to take measures to prevent and limit their impact.

REFERENCES

1. Cox, T. (1987). Stress, coping and problem solving. Work and Stress
2. Beeht, T.A (1995) Psychological Stress in the Workplace. New York: Routledge
3. <http://bjop.files.wordpress.com>