

**Bilous'ko S.**

student of SE “Dnipropetrovsk Medical academy of Health Ministry of Ukraine”

**Kuz'menko A.O.**

language supervisor of SE “Dnipropetrovsk Medical academy of Health Ministry of Ukraine”

## **PSYCHOLOGICAL FEATURES OF PHYSICIANS PROFESSIONAL DISEASES**

The work of physicians belongs to the hardest and the most responsible kinds of human activity. It is characterized by significant intellectual load and in some cases by big physical loads. The job of medical workers belongs to the number of socially important, responsible and hard activities, which are connected with high level of neuro-emotional mental loads.

There is a perception in society, that a doctor cannot become ill. However, people completely forget that they often become a cause of a doctor's illnesses. The work of a physician suggests a contact with different diseases, and thus it carries a risk of infection. Moreover, there are diseases that are inherent to this particular profession. In this way, the object of our research is professional diseases of physicians and the subject is burnout syndrome of doctors like professional illness.

There are lots of different factors that negatively effect on the health of medical staff. Among them we must point out:

1. *Contact with infected patients.* This factor effects on almost all parts of medicine, but in this case infectious disease doctors and nurses suffer often then other. In time of contact with patients who are affected by viral hepatitis, AIDS, tuberculosis or any other infection, the doctor must strictly observe safety and, in case of emergency, ask for help immediately to avoid serious consequences. Besides, doctors can be bearers of the causative agent and present a danger to their relatives and other people. Infectious disease doctors also are affected by mixed infections – combination of several kinds of pathogens.

2. *Effects on the body of toxic substances and chemicals.* At the role of these substances can be different antiseptics and substances used for narcosis. In this way, anesthesiologists can inhale a certain amount of drug in case of, for example, not tight about of the mask to patients face. The frequent contact with antiseptics can become a cause of allergy, dysbiosis and other toxic lesions.

3. *Physical factors.* The radiologist and beam diagnostics specialist are in all time contact with ionizing radiation, excessive impact on the body of which leads to the most serious consequences. First of all, it is a damaging of organs, which are sensitive to the ionizing radiation: thyroid, bone marrow, reproductive organs.

The results can be:

- Infertility or genetic malformations of posterity;
- Breach of thyroid hormone levels and, as a consequence, interruptions in the work of the heart, metabolic abnormalities, psycho-neurological disorders;
- Breach of production of blood cells, leading to anemia, a decrease in immunity, the threat of prolonged bleeding and a large bleeding;
- Oncological diseases.

4. *Forced body posture.* This factor effect on musculoskeletal system. The surgeons and stomatologists are the most influenced by this factor, because they have to spend a several hours in one position. It leads to pathologies such as hypoxia of organs and tissues, osteochondrosis, varicose diseases, allergic reactions, neuroses and sleep disturbances.

In this way, we can highlight the fifth and one of the most important factor from all other. This factor is mental psycho-neurological stress. This factor effects on the medical staff till the workday and after the end of it. As a result, the physician one way or another every day face with stresses and must deal with it.

So, the doctor cannot have universal behavior program for his workday. In any moment the medical staff can face with the need to go through the risk and quickly find a way out of this situation. Otherwise, the patients or doctor can suffer from this situation. This means constant stress, which negatively effect on the nervous system of a doctor.

Also stresses capable of causing a sense of increased responsibility. At work, the doctor is responsible not only for themselves but also for the patient. He must weigh each decision and then monitor the correct implementation of appointments by patients. Unfortunately, at times patients do not aspire to recovery or simply do not understand the fallacy of their actions. And once again the responsibility goes to a doctor. As a result, over time, a health worker may stop fully performing their duties, or get a neurosis, which will be expressed in a fear of firing in case of an erroneous diagnosis. This, unfortunately, contributes to the vulnerability of the doctors at the legislative level, and patients love for writing unreasonable complaints.

Moreover, the development of stress is contributed by knowledge. The doctor - is a person who since the time of training faces with multitude forms of life, diseases and their consequences. So, knowing about the existence of bacteria, viruses or, for example, helminthes in the environment, the doctor may be too neat or even get an obsessive-compulsive disorder.

Another reason for the doctor's stress is the necessity to ongoing compliance with the plurality of sanitary norms and rules of self-defense. Otherwise, the health worker exposes himself, and in the future their relatives at risk of contracting incurable or very hard diseases.

In addition to stress an important part of this factor are the various neuroses, which can put an end to the career of a doctor.

The example of this disease can be coordination neurosis.

Coordination neurosis is the professional disease of hands. The most typical symptom of professional hands diskensia is specific handwriting of doctors, work of which connected with regular filling of medical documentations. The development of diskensia based on the breach of a functional condition of the central nervous system.

Most often coordination neuroses develop because of prolonged minor work on the background of emotional stress. The development of diskensia also contributed by premorbid factors: inferiority of the musculoskeletal system, personal features, age-related changes and other additional factors, which negatively effect on the nervous system.

As a result, such a large number life-threatening, emotional and physical health factors may arise burnout syndrome, which includes:

- 1) Tiredness, exhaustion after an active professional activity;
- 2) Psychosomatic problems (fluctuations in blood pressure, headaches, diseases of digestive and cardiovascular systems, neurological disorders, insomnia);
- 3) Negative attitude to the patients instead of the positive relationship.
- 4) Negative disposition to performed activities;
- 5) Aggressive tendencies (anger and irritability towards colleagues and patients);
- 6) Functional, negative attitude to yourself;
- 7) Anxiety, pessimism, depression, a sense of meaninglessness of current events, a feeling of guilt.

Burnout syndrome includes three stages, each consists of 4 symptoms:

**1 stage** – «Tension»: dissatisfaction with oneself; feeling of «driven into the cage»; experiencing traumatic situations; anxiety and depression.

**2 stage** – «Resistance»: inadequate selective emotional reaction; emotional and moral disorientation; expansion of the economy of emotions sphere; the reduction of professional duties.

**3 stage** – «Depletion»: emotional deficits; emotional aloofness; personal aloofness; psychosomatic and psychovegetative disorders.

However, in spite of such a long list of problems, the doctor may and even have to continue normal daily life. To save their health and health of their family medical workers should maintain a healthy and active lifestyle, provide themselves with adequate rest after work, control their sleep and remember the rules of hygiene and self-defense.

Patients also should be more tolerant and remember that the health worker is the same person who has the right to privacy, relaxation, and even mistakes.

After studying the problems of the issue, we came to the conclusion that the so-called burnout of physicians is primarily due to difficult working conditions. This is mainly due to two reasons: the qualification gap between doctors and patients and the lack of competent management in the healthcare system. Unfortunately, physicians

cannot directly effect on any of this factors. One of the well-known and available for every people method is changing the kind of activity after the end of workday. Numerous studies conducted during the last century show that the eight-hour day brings to human life an optimal level of loads, and if in his spare time, the employee continues to solve problems related to his professional activities, the effectiveness of such personnel in the third month falls over twice. Unfortunately, the gap between what science knows and what happens in a real health care system is so great that without serious reforms, the studied problem will become more of current relevance every year and will effect on the quality of health services.

### **Literature:**

Гальперин П. Я. Введение в психологию / П. Я.Гальперин – Москва: Книжный дом «Университет», 2007.

Гиппенрейтер Ю. Б. Введение в общую психологию. Курс лекций / Ю. Б.Гиппенрейтер . – Москва: АСТ, 2008 год. – 352 с.

Годфруа Ж. Что такое психология Les chemins de la psychologie / Ж. Годфруа. В 2-х т. — Москва: Мир, 2005. –772 с.

Носов Н. Виртуальная психология / Н. Носов. – М.: «Аграф», 2000. – 432 с.

Зинченко В. П. Психология на качелях между душой и телом / В. П. Зинченко // Знание. Понимание. Умение. – 2005. – № 3. – С. 151–169.

Кольцова В. А. Психологи в годы Великой Отечественной войны: подвиг на века / В. А.Кольцова, Ю. Н.Олейник // Знание. Понимание. Умение. – 2005. – № 2. – С. 40 –51.

Карандашёв В. Н. Психология: Введение в профессию / В. Н. Карандашёв. — Академия, Смысл, 2009. – 512 с.

Hergenhahn В. R. An Introduction to the History of Psychology / В. R. Hergenhahn. –6th ed. – Wadsworth Publishing, Cengage Learning, 2009. – 752 p.