



5 May 2011

Aims

- Looking after yourself – a doctors own health

Objectives

- An overview of the influences on health and subsequently practice for medical professionals
- Looking at specific case studies to examine these influences
- Personal relaxation techniques
- How to recognize and begin to deal with adverse stress

Comments / Feedback

Well organized.

Good to have a session about looking after ourselves – rather than patients. Good to know where to go for advice if needed.

Very interesting session. Useful information. Would like to have more similar sessions in the future, please. Good. Non-stress creating session. Not much group work, which was good. I like the passive lectures after a stressful week. I think that it how teaching of VTS should be.

Useful to go through scenarios of Dr : Dr as patient role play. Enjoyed the relaxation.

Helpful reminder that we need to be human, and think about ourselves in order to give our patients the best. Enjoyed both sessions.

Both morning and afternoon sessions were good. Useful to find out about help for doctors. Good to think about ourselves as patients.

Good session. Helpful to look into ourselves. Nice interactive session.

Useful to consider ways to manage stress. Found relaxation session useful.

Nice combination of teaching methods. Group work, relaxation techniques, power point presentation.

Enjoyed relaxation techniques, did not think they would work, but did.

Overall very good and important to our practice.

Wonderful, thought provoking session. Useful techniques to use for myself and patients.

Afternoon session only – really enjoyed the relaxation techniques. Useful tool to have to pass on to patients.

Has made me think about my own life and how I can improve my lifestyle and decrease my own stress levels. Thank you very much. (I thought the video was a little bit long ...).

Morning – Very informed and experience speaker – small group was excellent.

Afternoon – Second half very helpful. First half no so good.

Morning – Catholic. Afternoon – relaxing.

Good case discussions. We have done lots of role play recently – may be we could try something different.

Excellent speakers. Interesting insight into the military. Good to know where we can get advise and help from.

Useful talk from BMA. Small group helpful. Slightly 'role played out' now at this point.

Morning – Useful overview of Dr personality types and why we get stressed/into trouble/unwell.

Afternoon – Useful self help techniques to recommend to patients and use ourselves when stressed. Not something that is often taught, but is helpful as part of looking after yourself.

Two good sessions. Doctors for Doctors – something I would consider using if need arose. Presenter excellent.

Revelation/stress management – lesson plan – useful tool.

Morning – Interesting, informative, thought provoking.

Afternoon – Practical tips. Good.

Morning – Very informative. Useful talk to initiate reflection on one's own physical/mental health as a medic.

Afternoon – Very relaxing! Nodded off in the relaxation video.

Morning session nice to know what others experience and how they cope with stressful situations.

Afternoon – Made me think what exactly relaxes me – hope to start my hobbies again soon!!

Relaxation exercises were really relaxing

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0 – Poor

5 Average

X

10 - Excellent

Name (Optional)

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