

Keeping it fresh

Teaching students and registrars in general practice

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**To each one of you the practice of medicine will
be very much different. To make it
to one a work of pleasure and to another a
work of annoyance;
to another, a duty as much
happiness and usefulness as well fall to the
lot of man.**

Sir William Osler 1849-1919



Physicianburnout.co.uk

Recognise. Prevent. Recover

84%

Job satisfaction, psychological morbidity and job stress among New Zealand general practitioners

Dowell, Hamilton, McLead New Zealand Med J 2000

46%

A survey of resilience, burnout, and tolerance of uncertainty in Australian general practice registrars.

Georga Cooke, Jenny Doust and Michael Steele
BMC 2013

14%

Losing enthusiasm

No longer meaningful

Treating people as objects

Rewards, costs and challenges: the general practitioner's experience of teaching medical students

Nancy Sturman, Patricia Rego and Marie-Louise Dick
Med Ed 2011

50%

Time management

- ❖ deferred activities
- ❖ slower procedures
- ❖ fewer breaks

20-30%

Adverse student factors

Extra challenges

Mental fatigue

Risk to patients

15%

Exposing general practice

What do general practitioners do differently when consulting with a medical student?

Lucie Walters, David Prideaux, Paul Worley, Jennene Greenhill, Heidi Rolfe
Med Ed 2009



39s history

70s teaching



37s examination

41s management

91s clerical

Vertical integration – Hills Medical Service

Weekly lunch

Student/registrar led

Clinical cases or curriculum needs

Workshop approach

Planned follow up



1. Anonymously score your own burnout using validated single item measure
2. Discussion, one question per table



Response number	<i>Statement</i>
1	I enjoy my work. I have no symptoms of burnout.
2	Occasionally I am under stress, and I don't always have as much energy as I once did, but I don't feel burned out.
3	I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion.
4	The symptoms of burnout that I'm experiencing won't go away. I think about frustration at work a lot.
5	I feel completely burned out and often wonder if I can go on. I am at the point where I may need some changes or may need to seek some sort of help.

One question for each table:

1. Why teach? What practical measures can make it better?

How can the universities and PHN help?

Rewards, costs and challenges: the general practitioner's experience of teaching medical students

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Med Ed 2011

20-30%	Company of enthusiastic students Intrinsic satisfaction Intellectual stimulation
11-19%	Good for patients Moral obligation to teach Showcasing general practice
<10%	PIP payments Academic status CPD points

One question for each table:

2. What practical measures can help with the downsides of being a GP teacher?

How can the universities and PHN help?

One question for each table:

3. What opportunities, ideas and changes could improve the teaching experience for GPs?

How can the universities and PHN help?

One question for each table:

4. Burnout in GP teachers: how to recognise, prevent and recover?

How can the universities and PHN help?