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Title:	FEMS white book – psychosocial risks		
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Objet : White book - chapter 3 - Item 15

PSR has 3 kinds of pathological effects:

- 1- psychological effects;
- 2- somatic effects;
- 3- social effects;

1- psychological effects :

we already worked a lot on this topic: stress, depression, burn-out, suicide attempt and suicides; the prevalence of such troubles is very high: 50% of doctors were concerned during their professional life;

men and women are equally concerned; all ages are concerned;

prevalence looks to be a bit higher among doctors living alone, higher than doctors living with their family;

all specialities are concerned; all doctors are concerned, working in hospital private and public, in health care centers, in private sectors;

Effects on sexual life is often very big for women and men: libido is less effective; anorgasmia; erection troubles.

2- somatic and psycho-somatic effects:

a) pain in muscles of all body are frequent: neck, back, musculo-squelletic troubles;

b) infections: the immunological level of defense is lower : the risk of infections, more or less important, is high; new infections or récidivism of infections (zona; herpes; erysipelas....)

c) cancers:

the prevalence of cancers is higher when depression comes: the immunology is less high, and the risk of cancers or metastatic cancers is bigger;

d) hyper or hypo tension are frequent;

e) addictions: alcohol, barbiturics, psychotropics morphinics, game players can be used and creating a new addiction or increasing an older addiction;

f) miscarriages are frequent;

3 - social impact:

PSR change social relationships; principal effects can be:

a)isolation, loneliness; depression creates a lack of shared relationships; people stay alone, living with only few contacts at work, eating few and badly; loosing weight or increasing weight;

- b) doctors in depression or burn-out have often to stop to work , sometimes for several months: it increases the lack of doctors and workload for other doctors at work ; sometimes, doctors change their job or stay at work as doctors but far of patients;
- c) divorces, separations, huge conflicts are often on the floor;
- d) car or motobike accidents;
- e) higher prevalence of psychotropic help; psychotropes are risky to drive, to work;
- f) non-respect of European directive about working time ;
- g) risk of medical errors or faults ; conflicts with patients, their family ;