

DOCTOR'S PERSONALITY

**Presented by:
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STRUCTURE

- 1. Doctor's main abilities and status.
- 2. Factors which affect doctor's personality.
- 3. What do patients expect from their doctors?
- 4. A "perfect" doctor.
- 5. Professional traits for a successful carrier in a medicine.



“Medicine is an art whose magic and creative ability have long been recognized as residing in the interpersonal aspects of patient-physician relationship”



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Becoming a doctor is not something that happens overnight - it is a serious commitment which takes years to qualify and leads into a lifelong profession.

Doctor

- **Doctor** is seen as someone who possesses a professional competence to soothe the patient's suffering, cure the disease and save patient's life.
- Is a personality with set of qualities, individual (+ -)peculiarities, interests, motives, attitudes ... and some personal and professional quotidian problems he is solving every day.



Personality concept: The unique pattern of psychological (temperament, character, individual aptitudes, etc) and behavioral characteristics (reactions, attitudes, opinions, values), by which each person can be distinguished from other people.

THE DOCTOR'S PROFESSIONAL STATUS



1. KNOWLEDGE ,SKILLS & PERFORMANCE

- Make the care of your patient is your first concern
- Provide a good standard of practice and care
- Keep your professional knowledge and skills up to date
- Recognize and work within the limits of your competence

2.MAINTAINING TRUST

- ➔ **BE HONEST AND OPEN AND ACT WITH INTEGRITY**
- ➔ **NEVER DISCRIMINATE UNFAIRLY AGAINST PATIENT**
- ➔ **NEVER ABUSE YOUR PATIENT'S TRUST IN YOU**

3. SAFETY & QUALITY

- 
- ❖ **TAKE PROMPT ACTION IF YOU THINK THAT PATIENT SAFETY, DIGNITY OR COMFORT IS BEING COMPROMISED.**
 - ❖ **PROTECT AND PROMOTE THE HEALTH OF PATIENTS AND THE PUBLIC.**



**FACTORS WHICH AFFECT DOCTOR'S
PERSONALITY**

Factors which can affect the doctor's personality

- **Many daily problems**
- **Personal and professional conflicts**
- **Great disappointments and professional in satisfaction**
- **Long term stress and exhausted activity**
(emergency worker, surgeon, etc.)
- **Poor work conditions.**
- **.....**

Signs of physical and emotional over tidiness or exhaustion:

- Chronic fatigue....
- Insomnia. ...
- Forgetfulness/impaired concentration and attention. ...
- Physical symptoms. ...
- Increased illness. ...
- Loss of appetite. ...
- Anxiety. ...
- Neuroses....
- Etc



Emotional and behavioral responses

Depression

(mood disorder;
lose of life meaning)

Burn-out syndrome

(exhaustion;
no energy for life and
work)

Addiction

(dependence of: drugs,
over medication,
alcohol, games, work etc)



Depression

- is a mood disorder that causes a persistent feeling of sadness and loss of interest.
- People may have trouble doing normal day-to-day activities.
- Sometimes they may feel that they are good for nothing and the life isn't worth living.

Burnout syndrome

- is a socio-psychological phenomenon of emotional, motivational, and physical exhaustion as a result of chronic occupational stress.
- It is manifested as long-term emotional exhaustion, depersonalization and diminished personal and professional achievements.
- The clinical picture of burnout is multifactorial and can be described as a set of psychosomatic and somatic disorders, symptoms of social dysfunction.
- Burnout syndrome is common among health care workers, 'due to their high dedication, empathy for suffering patients, and decision-making related to life and health of patients.

Addiction

the state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, as narcotics, to such an extent that its cessation causes severe trauma.

Exhaustion prophylaxis elements

- Put a priority on face-to-face social contact with supportive (close) people
- Set a time each day when you completely disconnect from technology
- Move your body frequently—don't sit for more than an hour
- Reduce your intake of alcohol, nicotine, and caffeine
- Get all the restful sleep that you need to feel your best
- Choose and do something you like and make you to feel satisfied.
- Ask for a psychotherapeutic help.
-

Where the doctor can take forces to face responsibilities from? (for recharging)

- **Potential external sources:** family, friends, work, religion adherence, new places, new experiences, books and e-sources etc.
- **Potential internal sources:** positive motivation, positive thinking, meditation practices, individual coping mechanisms, etc.

What do patients expect from their doctors?



What do patients expect from their doctors?

- **1. Transparency and Sincerity:** It is acceptable if a physician does not know everything about their illness or diagnosis, but patients expect their doctors to share as much as possible. Patients understand that doctors are humans, too, and that medical errors do occur. While patients usually never demand retribution, they do want a confession of the error and an assurance that the doctor is trying to fix the error.
- **2. Active listening:** Patients want a doctor who respects their opinion, listens as they describe health issues and symptoms and asks follow-up questions in order to understand the cause of their illness.
- **3. Trust:** If a doctor is an active listener, patients will feel comfortable sharing every piece of information, including sensitive topics, assumptions, related myths and much more. In order to develop the best patient-doctor relationship, your patients must find you trustworthy enough to talk about other factors that affect their health.

What do patients expect from their doctors?

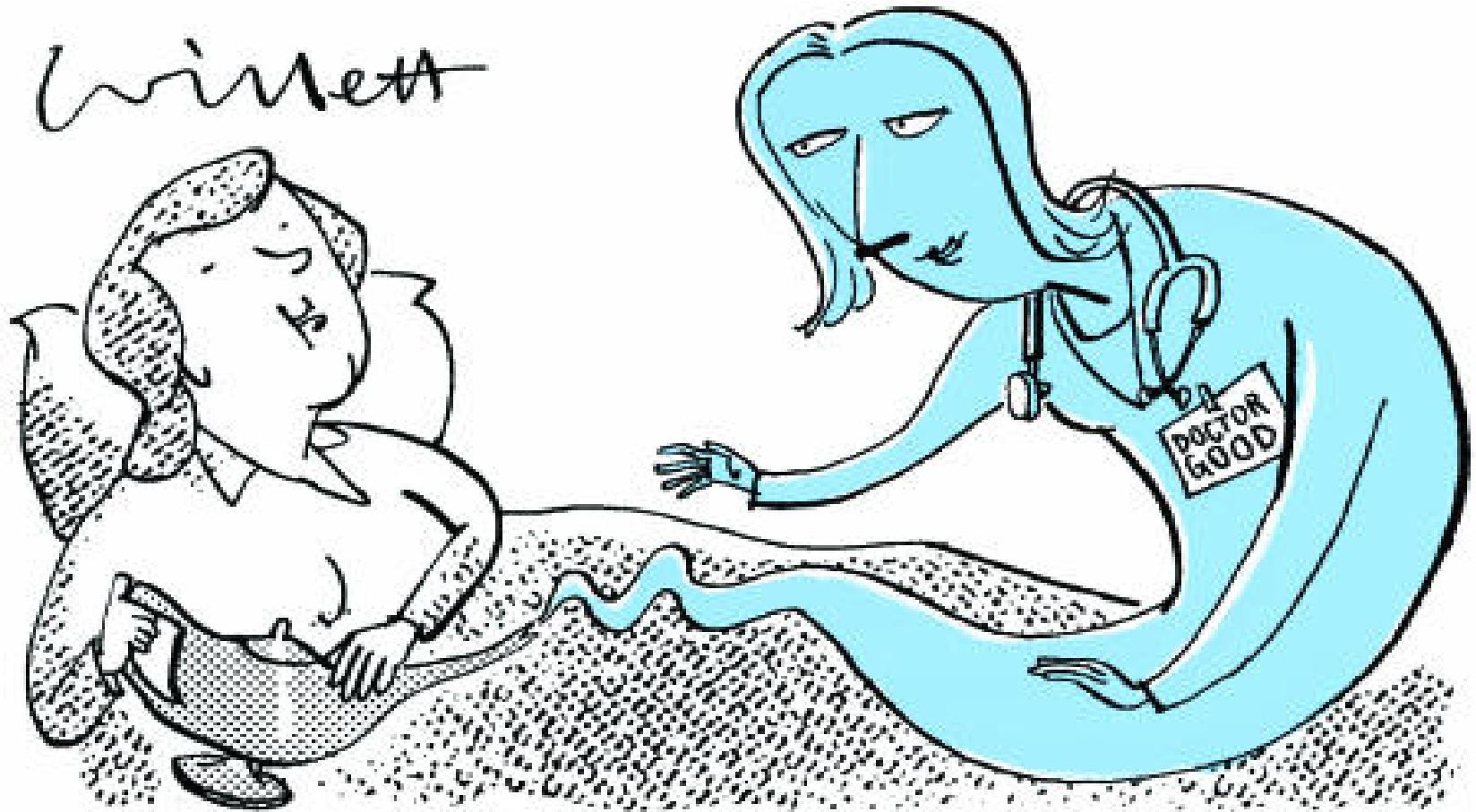
- **4. Care and connection:** Patients want you to listen to them. Listening to your patients' medical history is only the start; they also want you to connect with them on an emotional, physical and spiritual level.
- **5. Respect and take him seriously:** Do not make your patients wait for 30 minutes and then spend five minutes with them during the appointment. Such acts will make your patients feel ignored and disrespected.
- **6. Effective communication:** As a doctor, it is your responsibility to explain everything in a way your patient can understand. Don't get upset or lose patience if you are asked to repeat or clarify instructions.
- **7. Time:** Accept that some patients demand more time than others. You should allow ample time for your patients to ask as many questions as they want during an appointment.
- **8. Empathy:** You can easily relate to your patient by asking about the daily schedule or eating habits. This kind of interaction creates a sense of connection, which will show your patient that you care.

What do patients expect from their doctors?

- **9. Access:** If you are not available when patients need you, what good are you to them? Similarly, your patients should not have to wait for weeks for their lab results and make numerous calls to your office to receive them. You must consider electronic health records, or on-line meetings. As a doctor, you must make sure your patients have access to their healthcare information.
- **10. Clear instructions:** Be accurate and clear, and try to type out instructions that the patients can pick up when they leave. Always take the time to explain and simplify technical and medical terminology.
- **11. Collaboration:** Your patients understand their body and life better than you do, and therefore you must get their consent before ordering a test or offering treatment.

A “perfect” doctor

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1124230/>



A “perfect” doctor

- There is no type of doctor that is "**best**" for everyone. This is a very personal and individual choice.
- The right doctor is one with whom the patient can have frank and open conversations.
- The doctor and patient will also have similar health beliefs.
- A well matched doctor will value the patient as a person and has knowledge and acceptance of the mental and physical health concerns.

We all want doctors who will:

- **Respect people**, healthy or ill, regardless of who they are
- **Support patients** and their loved ones when and where they are needed
- **Promote health** as well as treat disease
- **Embrace the power of information and communication technologies** to support people with the best available information, while respecting their individual values and preferences
- **Always ask courteous questions**, let people talk, and listen to them carefully
- **Give unbiased advice**, let people participate actively in all decisions related to their health and health care, assess each situation carefully, and help whatever the situation
- **Use evidence as a tool**, not as a determinant of practice; humbly accept death as an important part of life; and help people make the best possible arrangements when death is close
- **Work cooperatively** with other members of the healthcare team
- **Is proactive advocates** for their patients, mentors for other health professionals, and ready to learn from others.

A “perfect” doctor from “professionals”

1. Good listener

“The patient will never care how much you know, until they know how much you care.”

(Terry Canal in his American Academy of Orthopedic Surgeons Vice Presidential Address)

2. Good technical competencies

3. Loving his work

4. Proper behavior

5. Confidentiality



MEDICINES CAN CURE; BUT A GOOD DOCTOR'S INSPIRATIONAL WORDS CAN STRENGTH TO FIGHT FROM WITHIN.....

!!! Special attention

- Most complaints about doctors are related to **issues of communication**, not clinical **competency**.
- Patients want doctors who can skillfully diagnose and treat their sicknesses as well as communicate with them effectively.
- **!!!** Effective doctor-patient communication can be **a source of motivation, incentive, reassurance, and support**.



As a Doctor:

- **KNOW YOUR PATIENT**
- **GATHER CLUES**
- **ESTABLISH A RAPPORT**
- **GAIN TRUST**
- **DETERMINE YOUR PATIENT'S READINESS TO LEARN**
- **ASK THE RIGHT QUESTIONS**
- **LEARN ABOUT PATIENT'S SKILL**
- **INVOLVE OTHERS**
- **IDENTIFY BARRIERS AND LIMITATIONS**
- **TAKE TIME TO ESTABLISH RAPPORT**

Strategies for effective communication with patients

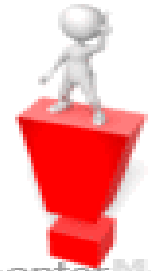
- The Accreditation Council for Graduate Medical Education recommends that **physicians become competent in five key communication skills:**
 1. listening effectively;
 2. eliciting information using effective questioning skills;
 3. providing information using effective explanatory skills;
 4. counseling and educating patients; and
 5. making informed decisions based on patient information and preference.

Professional traits for a successful carrier



- **Provide confidentiality.**
- Patients need to feel safe in your company to disclose information at their discretion, and they need to be sure that anything they say will not leave your office.

Professional traits for a successful carrier



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Be Empathetic

- Research has shown that patients who feel that their doctor has made a genuine empathetic connection - an attempt to understand how they feel and how their condition is affecting their everyday life - will actually experience a reduction in pain.
- Conversely, the stress of having a bad doctor who doesn't show an interest can actually prolong the patient's suffering.

Professional traits for a successful carrier

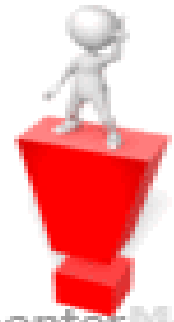


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Be Attentive

- A good doctor will ask a few more questions than they need to and spend longer with their patients and build a bit of a rapport. This will help the patient to be honest with the doctor, making it much easier for them to diagnose any illness or ailment.
- Treating each patient as an individual rather than a statistic is a key part of being a doctor and is something that will help you to avoid any complications caused by taking shortcuts.

Professional traits for a successful carrier



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Be progressive (forward-thinking)

- The medicine industry is changing all the time and it's important that you are prepared to keep up to date with new findings, innovative research and emerging theories at all times. Even once you have graduated, you shouldn't stop learning. You also need to be analytical about everything you read.
- Nobody expects you to be perfect or right all of the time, but it is essential that you are able to understand the impact of mistakes or poor judgments and **keep your knowledge up to date.**

Professional traits for a successful carrier



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Remain calm

- Medical professionals work with the human body every day and it isn't always pleasant.
- You must have a clear head so that you are able to make good, swift decisions when required. By doing this and by staying calm, the patient and their family can see that you are in control of the situation and they will find it easier to trust you.

Professional traits for a successful carrier



Ready for hard-working

- Working in the medical profession often means working long hours, weekends and holidays. You may frequently face understaffing issues and odds are that most days you are going to have to work extremely hard.

A background image of a doctor in a white lab coat holding a stethoscope. The text is overlaid on this image.

WHAT QUALITIES MAKE UP A GOOD DOCTOR ?

IS IT ABOUT BRAIN AND SKILL?

OR IS IT ABOUT COMPASSION AND EMPATHY?



- ***Being a good doctor is more than academic excellence.***
- ***It involves*** a right attitude, aptitude, character, commitment, proper demeanor and above all, a heart of service.

Lecture overview: Doctor's personality

- **Doctor** is seen as someone who possesses a professional competence to soothe the patient's suffering, cure the disease and save patient's life.
- Is a personality with set of qualities, individual (+ -) peculiarities, interests, motives, attitudes ... and some personal and professional quotidian problems he is solving every day.

Lecture overview:

How the doctor is expected to be?

- **Good listener**
- **Provide confidentiality.**
- **Empathetic**
- **Attentive**
- **Good technical competencies**
- **Progressive (forward-thinking)**
- **Calm**
- **Loving his work**
- **Hard-working**
- **Professional behavior**

Lecture overview:

Where the doctor can take forces to face responsibilities from? (for recharging)

- **Potential external sources:** family, friends, work, religion adherence, new places, new experiences, books and e-sources etc.
- **Potential internal sources:** positive motivation, positive thinking, meditation practices, individual coping mechanisms, etc.

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Thanks for your attention



Don't hesitate to observe the beauty around !!!