

# LIFE AS A PHYSICIAN IN OBSTETRICS AND GYNECOLOGY / BURN OUTS

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Gynecology is concerned with the wellbeing and health of the female reproductive organs. It includes endocrinology, female urology, and pelvic malignancy. The specialty spans pediatric and adolescent gynecological problems through to later years.

It can involve carrying out surgical interventions following miscarriage, major surgery for gynecological cancers; and keyhole surgery for problems such as endometriosis. Gynecologists work closely with radiologists, surgeons, nurse specialists, and physiotherapists to provide holistic care to their patients.

In obstetrics, a unit's workload is generally based on the delivery rate and patient's admission rate (MTI / HMC). The specialty is unique in that it involves taking care of two patients—mother and neonate both.

Obstetricians work closely with other specialties in maternity, such as midwifery, anesthesiology, physiotherapy, and neonatology. They may also work with others elsewhere in the hospital, such as cardiology, renal, and diabetology, while providing care for high-risk women during pregnancy hence there is no typical day in obstetrics and gynecology—which makes the job interesting. Most consultants work during the day and are on call out of hours on a regular basis.

The day usually starts by carrying out ward rounds, seeing inpatients and new admissions, and arranging any required investigations. The day might include an antenatal or gynecology outpatient clinic, an operating theatre list or specialist clinic. In an average clinic, a doctor might see 20 to 30 patients in one session.

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Post Graduate trainees have to attend the emergencies in the labour ward or they work in gynecology without other commitments during the day or night. The consultant often manages the labour ward. Consultants are also involved in teaching and training medical student and residents trainees and they also undertake research. As with any specialty there is also a fair amount of admin, paperwork, and meetings. Trainees have to manage in-patient antenatal patients and carry out deliveries and perform emergency C-sections, the job is tough because anytime fetal distress can happen or high risk patient's condition can deteriorate. They have to attend OPD till late hours next day, therefore their family life is also disturbed.

Gynae residency training has traditionally been a time of long work hours and little sleep. Although the long work hours serve to increase the continuity of care that patients receive, and to provide residents with the opportunity to witness the progress of labour and the effects of treatment but the periods of little sleep are unavoidable, is a consequence of this training regimen.

This tradition has come under criticism due to concerns over the effects of sleep deprivation on residents, which can in turn decrease their performance.

Studies indicate that burnout rates among obstetricians-gynecologists range from 40% to more than 75%, which is in the middle to upper one-third of medical specialties.

Symptoms range from feelings of under appreciation and unresolved fatigue, to cynicism, depression, physical symptoms, and illness. Burnout is associated with poor job satisfaction, questioning career choices, and dropping out of practice, impacting workforce concerns and patient access. Awareness of the symptoms and some simple stress and fatigue reduction techniques can decrease the risk of being trapped in the downward spiral of burnout. Successful interventions range from more sleep, to hobbies and vacations, to skilled counseling.

And above all this free day should be free day, not a blame and shame day, free hours and refreshment should be there with rewarding day. So, residents in gynae recharge for the next coming unpredictable emergencies.

### **Skills needed for a best gynecologist**

- Good communication skills in order to relate well to patients and their families
- Empathy and listening skills with residents
- Good problem solving and decision-making skills
- Adaptability
- Stamina
- Ability to work effectively as part of a multidisciplinary team
- Leadership skills
- A sense of humour
- Ability to keep calm in a crisis

On the same scenario we can see the different rewarding environment as well

#### **Obstetrician Rewards**

- Varied and challenging role
- Helping to deliver a healthy baby is very rewarding
- Broad range of medicine covered
- Potential for development of strong doctor-patient relationships
- Working in a multidisciplinary team
- Opportunity for career development across all aspects of medicine and surgery

One should be prepared before entering into the battle of obst. and gynae environment

Challenges in gynae and obstetrics are Heavy on-call duties, Long and unpredictable hours

**A career in obstetrics and gynecology is flexible, exciting, and fulfilling. There is a great variety of work within the specialty.**