

*WORK RELATED STRESS:IMPACT ON  
MEDICAL CONSULTANTS AND RESIDENT  
DOCTORS.*

***INTRODUCTION/DEFINITION***

---

*DR. VICTOR O.ANSA*

*DIRECTOR OF TRAINING - WACP*

<b>S/N</b>	<b>TOPIC/ACTIVITY</b>	<b>SPEAKER</b>	<b>TIME</b>
<b>1.</b>	<b>WELCOME/ANNOUNCEMENTS</b>	<b>DR ALBERT AKPALU-SECRETARY GENERAL-WACP</b>	<b>5 MINUTES</b>
<b>2</b>	<b>INTRODUCTION/DEFINITION</b>	<b>DR VICTOR ANSA-DIRECTOR OF TRAINING-WACP</b>	<b>10 MINUTES</b>
<b>3</b>	<b>UNDERSTANDING WORK PLACE MENTAL HEALTH</b>	<b>DR TAIWO SHEIHK - CONSULTANT PSYCHIATRIST- ABUTH ZARIA</b>	<b>15 MINUTES</b>
<b>3.</b>	<b>CAUSES AND EFFECTS OF WORK RELATED STRESS</b>	<b>DR TAIWO OBINDO-PRESIDENT ASSOCIATION OF PSYCHIATRIST OF NIGERIA/CONSULTANT PSYCHIATRIST- JUTH JOS</b>	<b>15 MINUTES</b>
<b>4.</b>	<b>MANAGEMENT OF WORK RELATED STRESS</b>	<b>DR JIBRIL ABDULMALIK- CONSULTANT PSYCHIATRIST-UCH IBADAN</b>	<b>15 MINUTES</b>
<b>5.</b>	<b>QUESTIONS &amp; ANSWERS</b>	<b>ALL</b>	<b>10 MINUTES</b>
<b>6.</b>	<b>CLOSING</b>		

# OUTLINE

---

- DEFINITION
- WHY IS THE SUBJECT IMPORTANT?
- OVERVIEW OF STRESSORS
- CONCLUSION

# DEFINITIONS


---

- **STRESS** IS A PSYCHOLOGICAL REACTION THAT OCCURS WHEN THERE IS AN IMBALANCE BETWEEN THE LEVEL OF DEMAND OR PRESSURE IMPOSED ON INDIVIDUALS AND THEIR CAPACITY TO MEET THOSE EXPECTATIONS.

- **WORK OR JOB STRESS :**

---

- THIS IS DEFINED BY THE UNITED STATES NATIONAL INSTITUTE FOR OCCUPATIONAL SAFETY AND HEALTH AS-  
HARMFUL PHYSICAL AND EMOTIONAL RESPONSES THAT OCCUR WHEN THE REQUIREMENTS OF THE JOB **DO NOT MATCH** THE CAPABILITY, RESOURCES OR NEEDS OF THE WORKER.



# WHY IS THIS SUBJECT IMPORTANT?

- THE END RESULT OF WORK RELATED STRESS IS POOR HEALTH AND INJURY.
- THE MEDICAL PROFESSION AND ITS Professionals especially doctors ARE VERY Vulnerable **THE WORLD HEALTH ORGANISATION(WHO)** IN 2016 CLASSIFIED STRESS AS THE “*HEALTH EPIDEMIC OF THE 21<sup>ST</sup> CENTURY*”- IT ACCOUNTS FOR *OVER 90% OF VISITS TO PHYSICIANS.*

- REMEMBER THE WORDINGS OF THE PHYSICIANS' PLEDGE WHICH SAYS “ **I WILL ATTEND TO MY OWN HEALTH, WELL BEING AND ABILITIES IN ORDER TO PROVIDE CARE OF THE HIGHEST STANDARD**” (*World Medical Association-2017*)
- Work Related Stress Has been found to not only AFFECT THE Health OF THE DOCTORS but ALSO IMPAIR THE Quality of Services THAT THE DOCTOR IS EXPECTED TO OFFER.
- The College therefore found it expedient to discuss this very important subject.



# WORK PLACE STRESSORS

## PHYSICAL

---

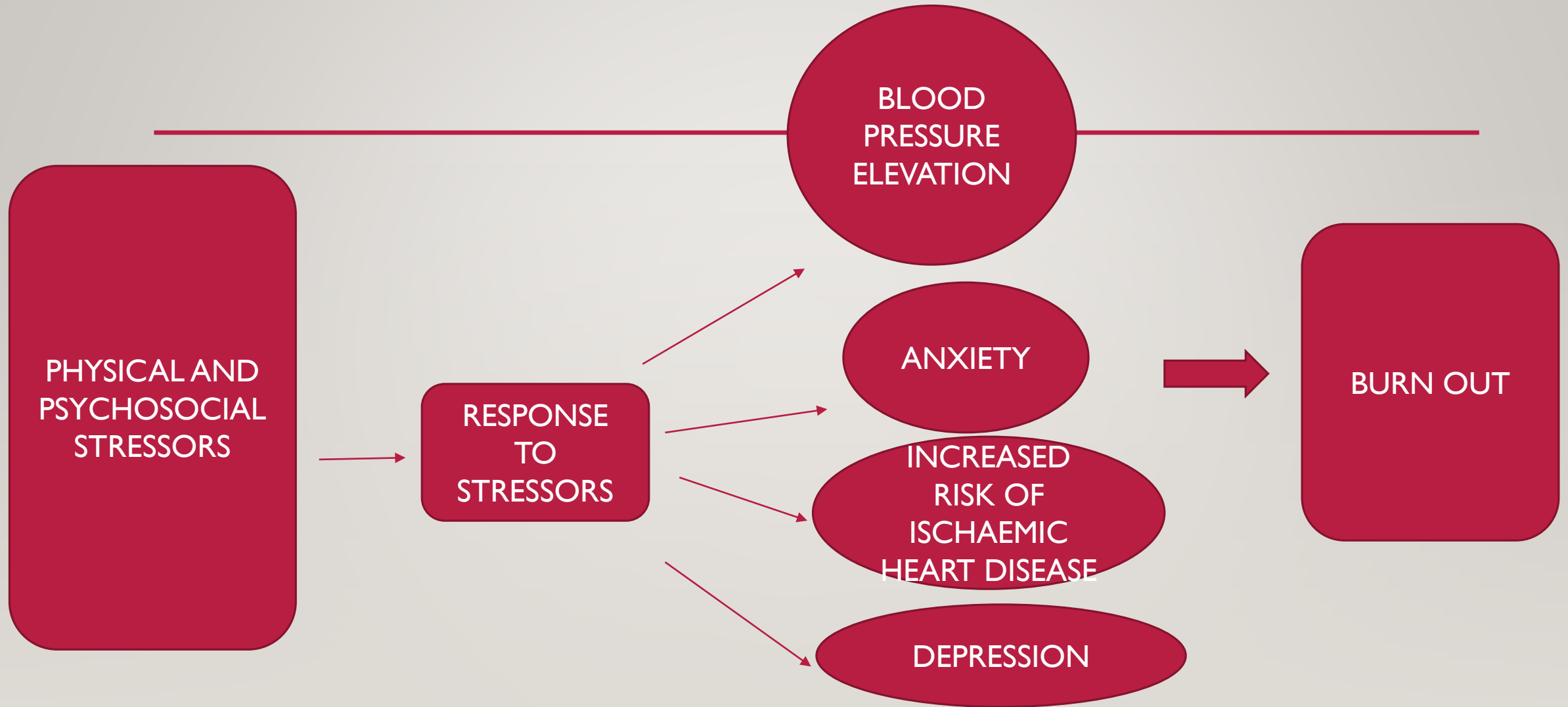
- NOISE
- POOR LIGHTING
- POOR WORK SCHEDULE
- ERGONOMIC FACTORS

## PSYCHOSOCIAL

- HIGH WORK DEMAND
- INFLEXIBLE WORKING HOURS
- JOB INSECURITY
- POOR WORK DESIGN
- BULLYING
- HARASSMENT



# RESPONSE TO STRESS



- Several researchers both within and without our shores have looked at this subject.

Original Article

# Prevalence of Psychosocial Stress and Its Risk Factors among Health-care Workers in Nigeria: A Systematic Review and Meta-Analysis

Charles Babajide Onigbogi, Srikanta Banerjee<sup>1</sup>

Department of Clinical Services, Nigerian National Petroleum Corporation Medical Services Limited, Warri, Delta State, Nigeria, <sup>1</sup>Health Sciences Research Centre, Core Faculty, Walden University, Minneapolis, MN, USA

**Table 1: Psychosocial stress prevalence rates, risk factors, sample sizes, settings and study designs of eight articles for meta-analysis**

<b>Author(s), year of publication, country of study</b>	<b>Setting</b>	<b>Study design</b>	<b>Study sample size (<i>n</i>)</b>	<b>Psychosocial stress prevalence rates (%)</b>	<b>Risk factor(s) reported for psychosocial stress</b>
Adamu & Abdullahi, 2017 Nigeria	Federal Medical Center, Bida	Cross-sectional	200	46	Work overload, Job ambiguity
Mojoyinola JK, 2008 Nigeria	Two hospitals in Ibadan (State Hospital, and University College Hospital-UCH)	Cross-sectional	153	55.5	Work overload
Owolabi <i>et al.</i> 2012 Nigeria	Baptist (Mission) Hospital, Oyo	Cross-sectional	351	26.2	Low job control (52%), High job demand (49.7%)
Etim <i>et al.</i> 2015 Nigeria	One General Hospital, One Private Hospital In Ugep.	Cross-sectional	198	92.9	Work overload and Emergency situations (24.2%), adhoc duties (3.5%), lack of equipment (30.8%), staff attitude (29.8%)
Obasohan <i>et al.</i> 2014 Nigeria	Three General hospitals in Lagos	Cross-sectional	290	86/2	Work overload and job discrepancies ( $r^2=0.305$ ; $F=23.291$ , $P>.05$ )
Adeolu <i>et al.</i> 2016 Nigeria	University College Hospital (UCH) Ibadan	Cross-sectional	253	31.6	Work overload
Ladan <i>et al.</i> 2014 Nigeria	Ahmadu Bello University Teaching Hospital (ABUTH) Zaria	Cross-sectional	107	90.7	Work overload (87.5%), infrequent rest (64.4%), poor communication (71.2%), lack of support from workers (55.8%)
Onowhakpor A, 2018 Nigeria	University of Benin Teaching Hospital, Benin City	Cross-sectional	107	50.8	Work overload (94.3%), sleep deprivation (89.5%), inadequate resources (89.1%)

# SUMMARY OF FINDINGS FROM THIS METANALYSIS

<b>FINDINGS</b>		<b>POPULATION</b>
PREVALENCE	26.2 – 92 .9%	ALL HEALTH WORKERS
RISK FACTORS	WORK LOAD	
	JOB AMBIGUITY	
	LACK OF EQUIPMENT	
	LACK OF SUPPORT FROM OTHER WORKERS	
	INADEQUATE RESOURCES	

## • CONCLUSION from the study

- THE AUTHORS CONCLUDED THAT psychosocial stress is a common feature among health-care workers in Nigeria AND THE RATES WERE ALARMING. (26.2 - 92.9%)
- That psychosocial stress influences the overall well-being of health-care workers as REFLECTED IN organizational health indices such as reduced productivity and absence DUE TO ILL HEALTH.
- The use of VALIDATED and standardized assessment instruments is recommended to PROVIDE FOR more consistent results.(ONIGBOGI & BANERJEE 2019).

## Stress and the Medical Practitioner

Yvonne Dabota Buowari

Department of Anaesthesia, University of Port Harcourt Teaching Hospital, Port Harcourt, Nigeria

## Assessment of Burnout amongst Resident Doctors in Benin City, Edo State, Nigeria

Esohe Olivia Ogboghodo<sup>1,2</sup>, Oghoritsewarami Mary Edema<sup>1</sup>

<sup>1</sup>Department of Community Health, University of Benin Teaching Hospital, <sup>2</sup>Department of Community Health, University of Benin, Benin City, Edo State, Nigeria



*Occupational Stress among Medical Doctors... Onowhakpor et al*

## **Occupational Stress: Prevalence, Sources and Coping Mechanisms Among Medical Doctors in a Tertiary Institution**

**\*Onowhakpor AO, Abdulkabir SAT, Okojie OH**

Department of Community Health, School of Medicine, University of Benin. PMB 1154, Benin-city, Edo State, Nigeria.

*Ann Ibd. Pg. Med 2016. Vol.14, No.2 92-98*

## **PREVALENCE AND CORRELATES OF JOB STRESS AMONG JUNIOR DOCTORS IN THE UNIVERSITY COLLEGE HOSPITAL, IBADAN**

J.O. Adeolu<sup>1</sup>, O.B. Yussuf<sup>2</sup> and O.A. Popoola<sup>1</sup>


1. Department of Community Medicine, University College Hospital, Ibadan
2. Department of Epidemiology and Medical Statistics, College of Medicine, Ibadan

# Practise what you preach: health behaviours and stress among non-consultant hospital doctors

**Authors:** Sinéad Feeney,<sup>A</sup> Kevin O'Brien,<sup>B</sup> Neasa O'Keeffe,<sup>C</sup> Anna Nic Con Iomaire,<sup>D</sup> Maureen E Kelly,<sup>E</sup> John McCormack,<sup>F</sup> Genevieve McGuire<sup>G</sup> and David S Evans<sup>H</sup>

---

. Key recommendations include improved GP and counselling access for NCHDs, and addressing the culture of self-treatment and poor health behaviours through undergraduate and postgraduate education.





# CONCLUSION

- WORK RELATED STRESS IS A SILENT AND OFTEN NEGLECTED ENTITY.

---

- IT IMPAIRS EMPLOYEES HEALTH AND PRODUCTIVITY.
- IT IS EXREMELY COUNTER PRODUCTIVE AND DANGEROUS IN A HEALTH CARE SETTING.
- IT HAS LONG BEEN IDENTIFIED BUT NOT ENOUGH ATTENTION HAS BEEN PAID TO IT.
- THIS SEMINAR THEREFORE IS AIMED AT FURTHER DRAWING ATTENTION TO THIS INCREASINGLY IMPORTANT HEALTH ISSUE WITH A VIEW TO MITIGATING ITS NEGATIVE IMPACT.

---

**THANK YOU FOR YOUR  
ATTENTION**