



First Do No Harm!

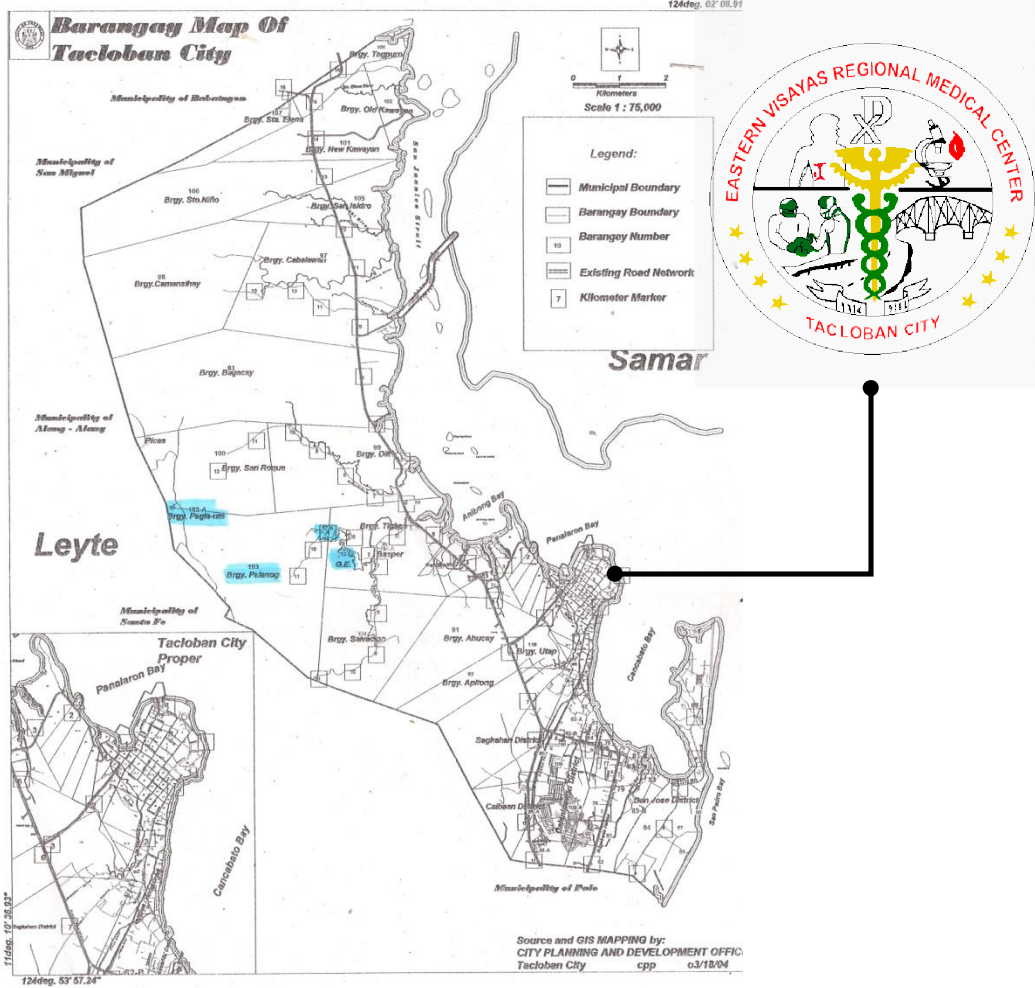




**STRESSORS IN RESIDENCY TRAINING AS BARRIER TO
EFFECTIVE WORK PERFORMANCE OF MEDICAL OFFICERS
AT THE EASTERN VISAYAS REGIONAL MEDICAL CENTER**

Johenna Grace Escoro, MD; Aileen R. Espina, MD, MPH, FPAFP



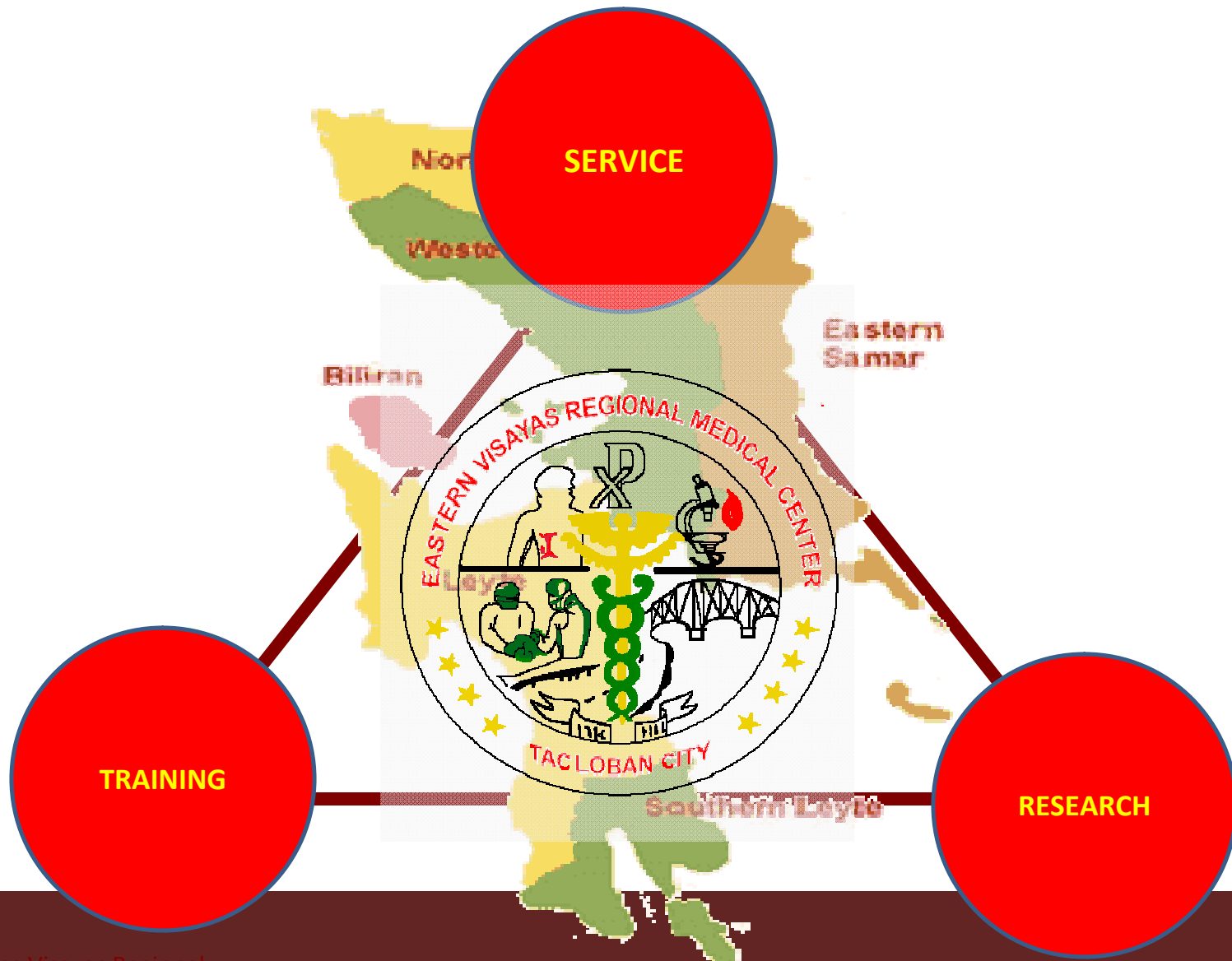


EVRMC

“ DOH RETAINED

“ LEVEL 4

“ TERTIARY MEDICAL CENTER



Eastern Visayas Regional
Medical Center, Tacloban City

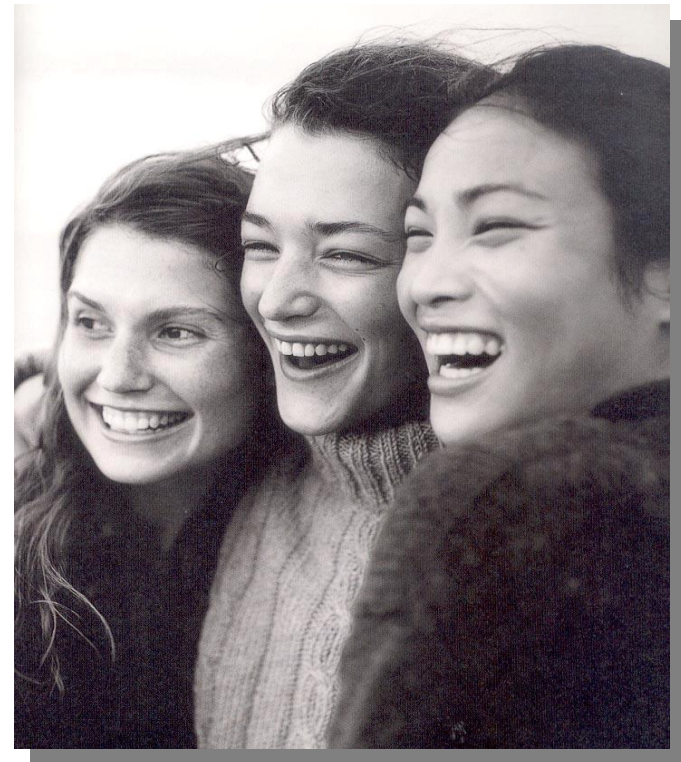
Accredited Training Programs

CLINICAL DEPARTMENT	LEVEL OF ACCREDITATION	SPECIALTY SOCIETY
Internal Medicine	FULL	PCP
Pediatrics	FULL	PPS
General Surgery	FULL	PCS
Obstetrics & Gynecology	FULL	POGS
Pathology	FULL	PSP
Anesthesia	FULL	PSA
Family & Community Med	FULL	PAFP



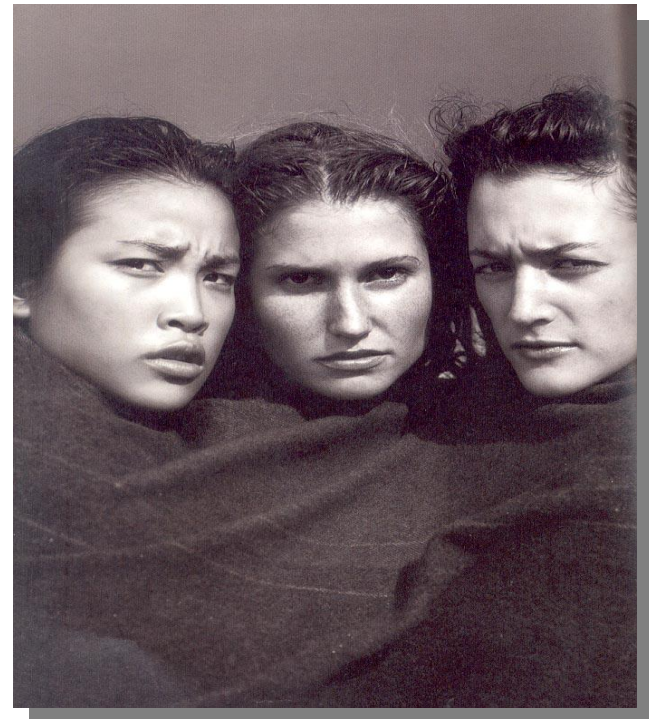
Good Stress or Normal Stress . . .

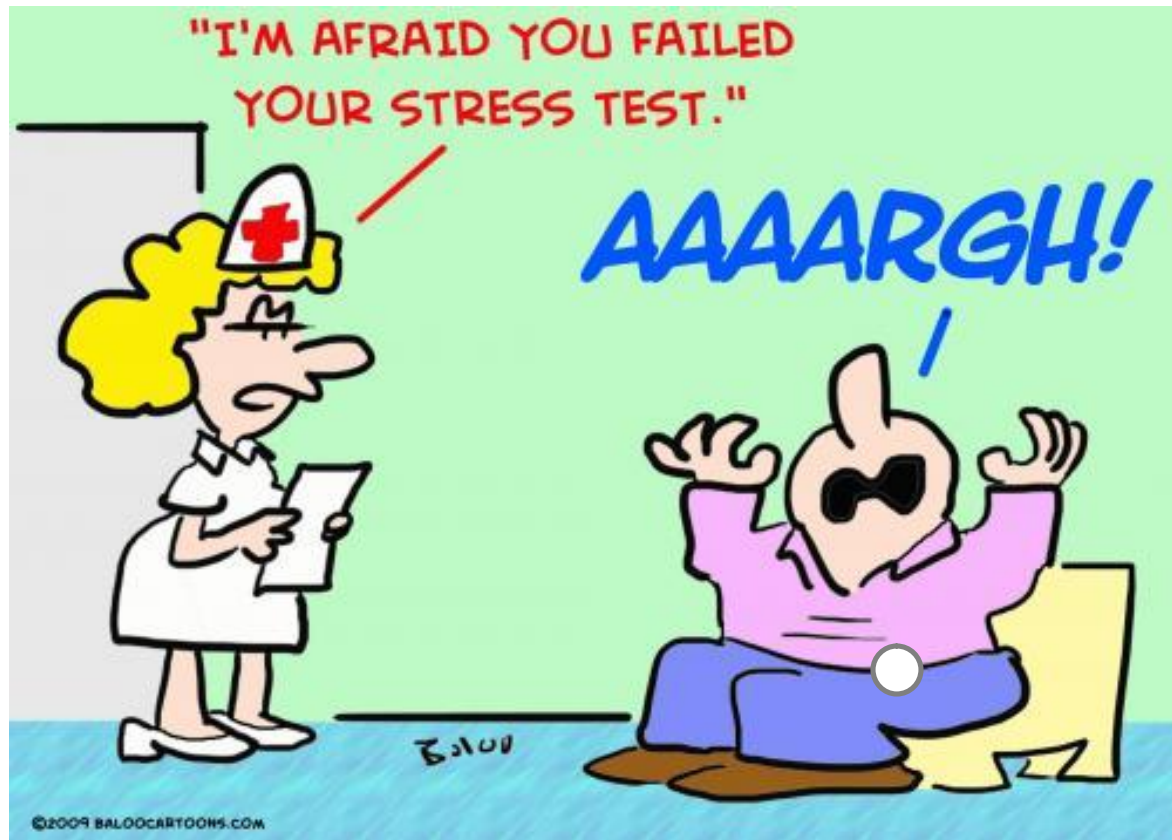
- “ That kind of stress can actually be good for you, because it may help you to get things done.
- “ As a positive influence, good stress can help compel us to action; it can result in a new awareness and an exciting new perspective.



Bad Stress . . .

- “ That kind of stress isn’t going to help you, and it can actually make you sick.
- “ **As a negative influence**, it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke.







MATERIALS AND METHODS

Setting: EVRMC, Tacloban City

Study Design: Descriptive, Cross Sectional

Research Instrument: 20 item 2 part survey questionnaire

Data Management: weighted Mean Scores and Frequency Distribution



INDIVIDUAL
LEVEL

ORGANIZATIONAL
LEVEL

GROUP LEVEL

EXTRA
ORGANIZATIONAL
LEVEL

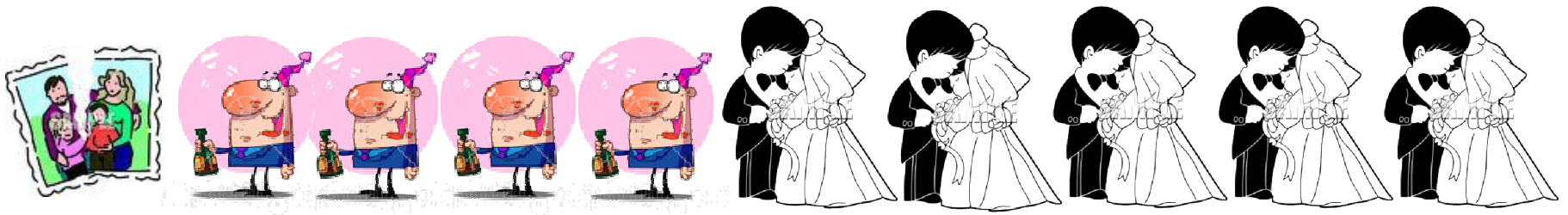


RESPONDENTS



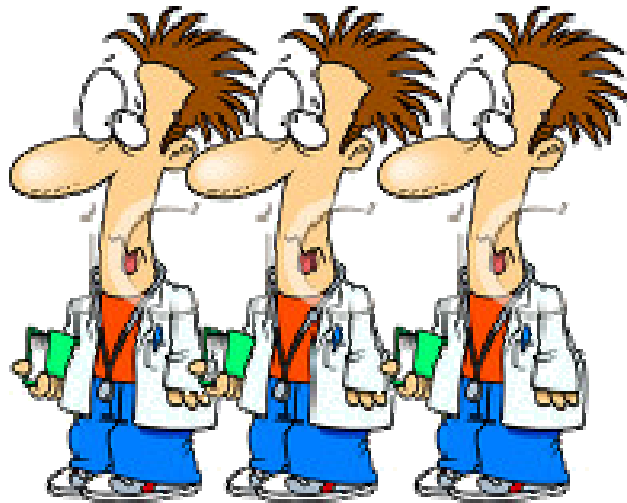
20% Men and 80% Women

RESPONDENTS

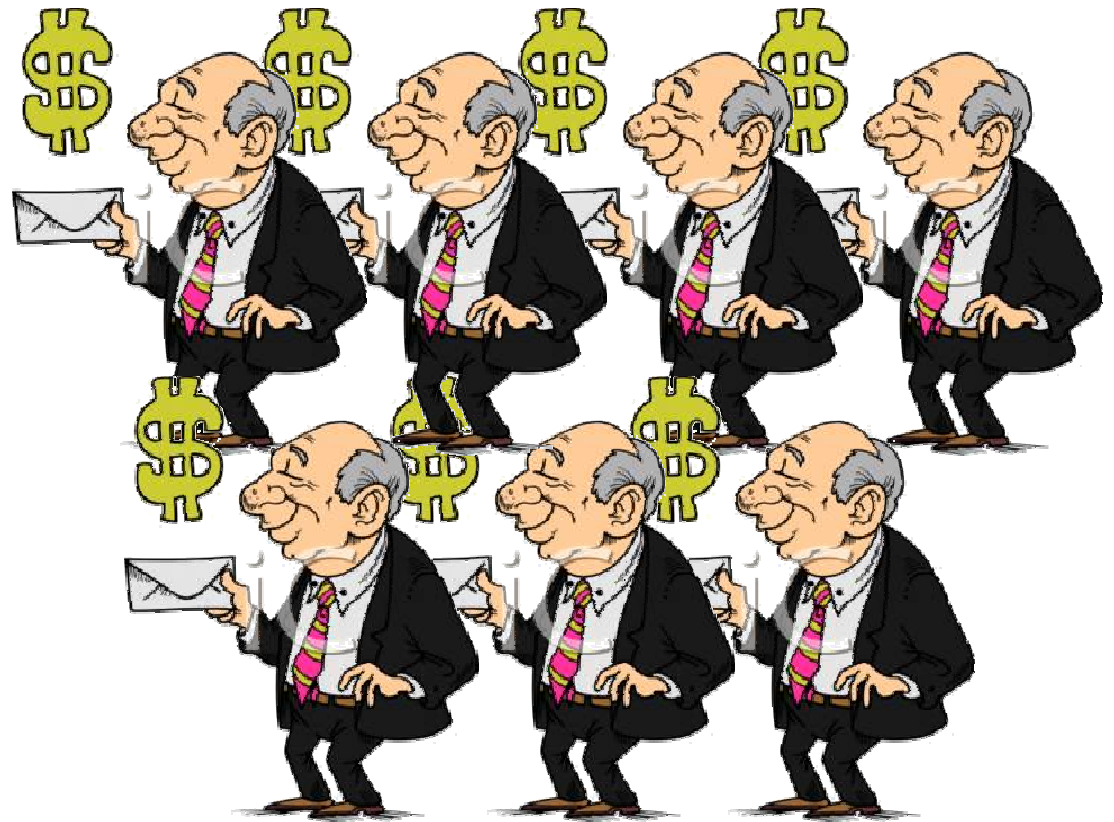


1.79% SEPARATED 48.21% SINGLE 50% Married

RESPONDENTS



26.79% NON-PRIMARY EARNERS



73.21% PRIMARY EARNERS

RESPONDENTS

48%

18%

15%

14%

5%



PSYCHIA/
ORTHO

FAMED/RADIO

EENT/ANE
S/PATHO

IM

PEDIA/SURGERY
/OB

INDIVIDUAL LEVEL STRESSORS	Weighted Score	Mean Score	Rank	Over all Rank
legal responsibility	228	4.07	1	3
difficult cases	219	3.91	2	5.5
sleep deprivation	207	3.69	3	7
long working hours	219	3.91	4	5.5
heavy workload	214	3.82	5	6
emergency cases	202	3.60	5	9
limited allowable leave	191	3.41	7.5	11.5
fear/failure in patient management	191	3.41	7.5	11.5

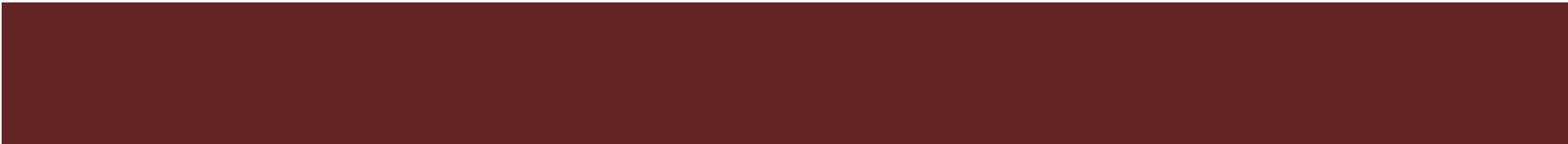
GROUP LEVEL STRESSORS	Weighted Score	Mean Score	Rank	Over all Rank
completion of charts	190	3.39	2	12.5
endorsement conferences	196	3.5	1	10
research requirements	183	3.27	5	15
Consultants	184	3.28	4	14
inter departmental referrals	182	3.25	6	16
frequent reporting	185	3.30	3	13
monthly audits	164	2.93	7	19
senior/colleagues	156	2.78	8	21
organize seminars	134	2.39	9	22

ORGANIZATIONAL LEVEL	Weighted Score	Mean Score	Rank	Over all Rank
inadequate medical facilities	236	4.21	1	1
poor working environment	233	4.16	2	2
understaffing (lack of manpower)	227	4.05	3	4
occupational hazard	205	3.66	4	8

EXTRA- ORGANIZATIONAL LEVEL	Weighted Score	Mean Score	Rank	Over all Rank
financial inadequacy of patients	190	3.39	1	12.5
time demand for social and family life	181	3.23	2	17
too much expectations from family members	161	2.87	4.5	20.5
family seeking priority	172	3.07	3	18
family illness	161	2.87	4.5	20.5



TOP 5 STRESSORS IDENTIFIED BY RESIDENT PHYSICIANS AS BARRIERS TO EFFECTIVE HEALTH DELIVERY IN EVRMC

- 1. Inadequate Medical Facilities**
 - 2. Poor Working Environment**
 - 3. Long Hours of Work**
 - 4. Under Staffing (Manpower)**
 - 5. Financial Inadequacy of Patients**
- 

SUMMARY/CONCLUSION

- “ EVRMC Resident Physicians are experiencing a lot of stress**
- “ Major stressor confronting resident physicians at EVRMC belong to the organizational level**
- “ Residents feel that these organizational stressors are major obstacles to effective delivery of health care**

RECOMMENDATION

- “ Administration must acknowledge and act on specific problems identified**
- “ Programs & policies on Residency Training should be evaluated**
- “ Programs on Stress Management for Resident Physicians should be developed**

RECOMMENDATION for Future Research

- “ Studies be conducted in other health institutions and other health care providers**
- “ Assess symptoms of stress and level of burn-out among resident physicians and other health care providers in public health facilities**
- “ Co-relational analysis between burn-out and service delivery**



EVRMC RESIDENTS GRADUATION CEREMONY 2009

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