



# HI DOC, GOT YOURS ?

## Changing Medical Culture among Physicians

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### Introduction / Aim

From march 2017, through a wide campaign launched by the **French College of Anesthetists and Intensivists (CFAR)**, all medical actors join professional and public institutions in France to sensitize Doctors to change their culture as potential patients by trusting another colleague to take in charge their own health. **The aim is to incite all Physicians in France to choose their own GP during their professional life, since initial medical education, and to proscribe self-diagnosis and self-medication.**

### Method and Results

The CFAR establishes the Physician Accreditation Program for the specialty and accredits continuing professional development activities. It brings together professional organizations of anesthesiology. On its website, several tools can be used to educate professionals to psychosocial risks and assess their own level of burnout, fatigue, consumptions. Since 2014, the CFAR enlarged his communication to other specialties. Four observations caught the attention :

1

80% of public hospital doctors have no doctor to monitor their health

2

If suspected mental health problems, 87 % of doctors would choose self-medication rather than consulting with a colleague

3

Hospital doctors do not attend OH services enough to assess their health (40% only)

4

In the private sector, all doctors can do their job throughout their career, from the begining till retirement, without any medical checking

In 2016, the CFAR decided to launch a broad communication campaign in France to federate all doctors as well as public and private institutions to change the doctor's cultural model for his own health. An original poster is provided with a free access to any medical organization associated with this ambitious project (students, resident and senior medical unions, medical Schools, federations of hospitals or clinics Directors, Public institutions, etc.) With help of the Ministry, the poster can be accessed in all the places or media frequented by doctors since their initial formation. A regulatory change in the Code of Public Health, should allow information to be issued reminding any doctor the importance of avoiding self-diagnosis and self-medication through this message :  
« **Hi, Doc' ! Got yours ?** (Our own GP, for our health, safety and the quality of our care) ».

### Discussion and Conclusions

Awareness campaigns about Doctors' Health are necessary. The CFAR is the promoter of a national sustainable campaign. The support of the French Ministry of Social Affairs and Health, institutions and professionals demonstrates a widely shared concern.  
**The doctor's cultural model can evolve toward their well-being and better care for patients.**

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(12 campaigns pictures  
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