



HEY DOC, WHO'S YOUR DOC?



In France, 80% of physicians do not have their own personal physician. The same can be said for many other European countries. On the pretext – which might be considered legitimate – that they would be best placed for their own care, they prefer self-diagnosis and self-medication or too often seek quick, informal advice, and sometimes too late!

In France, this alarming observation led **the SMART Committee** (Occupational Health and Wellness Committee for Anesthesiologists and Intensive Care Physicians) and **the CFAR** (French College of Anesthesia and Intensive Care) to initiate **a sustainable awareness campaign aimed at all physicians practicing in France.**

Today, this unprecedented initiative unites **more than 30 institutional partners.** In their own media, via social networks, or through local initiatives, they have all committed themselves to the sustainable dissemination of incentive messages carried by **12 campaign visuals** representing the diversity of career paths and modes of practice, private or public.

Institutional actors or practitioners, all the actors in the health field can lend their enduring support to the national campaign “Hey Doc, who’s your doc?” to counteract the practices of self-diagnosis, self-medication and belated consultations, and the harm they cause.

Opening up to Europe: At the EAPH meeting (www.eaph.eu) in Paris, the CFAR – SMART was awarded a prize for this campaign, ex-aequo with the Dublin group of MD Lucia Pridohova et al. It was decided to facilitate access to this campaign for European colleagues, who can now spread the message with 12 visuals available here for copyright-free download.



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The CFAR has now made a free download campaign available here :





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CFAR, DIDOC AND THEIR PARTNERS: WHY?

The CFAR – French College of Anesthesia and Intensive Care – is a federating body that reunites the main actors in the specialty: the learned society (SFAR), the Collegiate of Teachers, and professional unions from the public (SNPHAR-E and SMARNU) and private (SNARF) sectors. The CFAR was founded in 1994 to promote and ensure the quality of continuing education of anesthesiologists-intensive care physicians through a process of accreditation and certification.

Its activities rapidly expanded with the development of Professional Practice Evaluation (PPE) programs based on professional guidelines validated by our learned society. The CFAR is the authorized accreditation body of the specialty. Among others, it is the Continuous Professional Development Organization to which anesthesiologists and intensive care physicians can turn in order to fulfill their requirements. The CFAR is also the tool for implementing the policy of development of the anesthesia-intensive care specialty drawn up by the CNP-AR (National Professional Council for Anesthesia-Intensive Care), which defines the priority axes of the specialty.

In 2009, after the suicides of three anesthesiologists-intensive care physicians in the space of just three weeks, the CFAR decided to create the SMART Committee (Occupational Health and Wellneess Committee for Anesthesiologists and Intensive Care Physicians), in association with the SNIA representing Nurse Anesthetists.



Pr Paul-Michel Mertes,
Président of the CFAR
(CHRU Strasbourg)



Dr Max-André Doppia,
Deputy Secretary
General of the CFAR,
President of the
SMART Committee
(CHU Caen)



- It was necessary to **understand** why and how the practice of an exciting profession such as ours could also lead to these desperate acts.
- It was necessary **to inform and help** our colleagues by providing constantly updated documentary resources and practical fact sheets on different themes, and by highlighting experiences from other countries.
- It was necessary to try **to convince professionals** to dispel the taboo about occupational distress.
- It was necessary **to make tools available** for self-evaluation with a battery of internationally validated self-assessment tests.

This development was based on a strong conviction: the proven reality of the link between physician health and quality of life in the workplace and the performance, quality and safety of care they provide to their patients.

The SMART Committee executes its mission by making its expertise available for the benefit of the profession. Its results can be found on the CFAR website, among all its other actions.

SMART's activities quickly expanded towards other health professionals in France but also internationally, making the CFAR and its SMART Committee attentive interlocutors recognized by organizations concerned with physician health and quality of life.

In France, awareness within the profession is promoted through communications at major congresses on Anesthesia-Intensive Care, Occupational Medicine, Radiology, Urology at the national (Société Française d'Anesthésie Réanimation, JEPu, MAPAR) and regional levels.

Contacts have also been established in Europe and North America: Québec Physicians' Health Program (QPHP), Integral Assistance Program for Doctor Wellness in Catalonia, and the European Association for Physicians Health which awarded a prize to the CFAR for best poster at its Barcelona meeting in 2015.





Given the lack of medical support for physicians, which all too frequently leads to self-diagnosis and self-medication, with the adverse consequences clearly described in the international medical literature, the CFAR has chosen to act. It has decided to promote a better-organized voluntary medical follow-up, closer to that which any doctor would wish for his own patients. Thus was born ***the project “Hey Doc, who’s your doc?”*** We had to share it as widely as possible.

Today, more than thirty partners have joined this campaign, witness to a first success. May these partnerships strengthen the merits of this initiative. May they carry it long and far, until every physician, from initial training until retirement, understands and acts for his own health, just as he does for his patients.

That is the wish of all of us so that the rising generation of professionals and actors in the health field enduringly acquire a culture that we were able to change together.

We would like physicians practicing in Europe to be able to benefit from the potential impact of this campaign by making it available to them at the end of the 2017 Paris EAPH congress so that the translated visuals can be most widely diffused in Europe.

