



## COMPETITIVE DISORDERS- PHYSICIAN, HEAL THYSELF

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## KEYWORDS :

The letter attempts to emphasise upon the issue of the cumulative stress that ails the minds of our young doctors aspiring for admission in post graduate courses. The competition is ever increasing and most of them find it difficult to tide over the turbulent pre examination period. Parental and peer pressure offer additive effects. Stress related morbidities ranging from insomnia and anxiety to major depressive illnesses and frank psychosis are by no means uncommon(1) .It is widely known that doctors have one of the highest suicide rates amongst all professions(2,3).Drugs and alcohol abuse are not uncommon and are often developed as part of prevailing culture in medical schools(4).We understand it is our prime responsibility to help heal this vulnerable population among our fraternity, who deem to be the future healers of the community. To make matters worse, these young medicos hesitate to reach out for professional help for fear of recognition; and are at times inclined to treat themselves(5).This makes a strong case for special counselling cells comprising of senior faculty members and post graduate students who would help them periodically towards combatting stress and overcoming their felt inadequacies. Post graduates can also share with them their personal experiences and direct them on issues like time management, priority topics, etc. Emphasis should be upon drop out candidates. The sessions should be held preferably on a 6-8 weeks basis.Those requiring medication should be addressed individually ,with regular follow up to ensure compliance.A society can be registered with the parent institution and headed by a senior faculty member,who can be the first person to be approached.The three wise men(doctor needing help,his colleague and the head of the help society) can work on the means to navigate the stress.

Doctors presenting to psychiatrists represent only the tip of the proverbial iceberg. Reaching to them shall go a long way towards improving the health care providers.

## References

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