



Bloom Public School



National Doctors' Day The Mental Toll on the Lives of Medical Professionals

July'23 newslettter

**PROTECT
HEALTHCARE
WORKERS.**

by Vedant Khanduja

Greetings of the day Readers!

Hope this newsletter finds you safe and healthy.

We, The School Council of Bloom Public School have started a monthly newsletter which aspires to create Constitutional Awareness, Gender Sensitivity and Scientific Temper as enshrined in the National Education Policy.

In this issue, we will be talking about National Doctors' Day with the theme of the mental toll on the lives of medical professionals.





INDEX

1. About National Doctors' Day
2. Significance of This Day
3. The Medical Profession
4. Skills Required to Be a Medical Professional
5. The Mental and Physical Toll on Medical Professionals Due to Everyday Work
6. Role of Doctors in the Pandemic
7. Ways for Doctors to Manage Stress
8. Our Responsibilities Towards The Medical Professional Community
9. Words From the Editor
10. Bibliography



What is National Doctors' Day?

Indian Doctors' Day celebrated on July 1st honours the selfless contributions of medical professionals.

It was inspired by the birth anniversary of Dr Bidhan Chandra Roy, a renowned physician and politician. This day recognizes the tireless efforts of doctors and raises awareness about their invaluable service in safeguarding public health and well-being.



Dr Bidhan
Chandra Roy





Doctors of NMMC Covid care centre
celebrate National Doctors Day 2021

Significance of This Day

National Doctors' Day helps us express gratitude and raises awareness about the critical contributions of healthcare workers to our society's well-being. According to the Indian Medical Association (IMA), this day motivates every member of the IMA and the regional branch to put up with a lead in their region. As a means of commending doctors' efforts, IMA celebrated the first National Doctor's Day in the month of July 1991.



The Medical Profession




The medical profession is a noble calling centred around healing, caring, and preserving human life. It requires extensive knowledge, skill, and compassion to diagnose, treat, and prevent illnesses. Medical professionals strive to alleviate suffering and improve the overall health of individuals and communities through their expertise and dedication.





Some Skills Required to Be a Medical Professional

- 1} **MEDICAL
KNOWLEDGE**
 - 2} **EMPATHY**
 - 3} **TECHNICAL
COMPETENCE**
 - 4} **PROBLEM-SOLVING**
 - 5} **TEAMWORK**
- 



The Mental and Physical Toll on Medical Professionals Due to Everyday Work




Every day, medical professionals endure a silent battle. The demands of their work take a toll on their minds and bodies. As a result of long working hours, high stress, and constant exposure to suffering, healthcare workers suffer from depression, anxiety, stress, burnout and other mental health conditions





Role of Doctors in the Pandemic



During the COVID-19 pandemic, doctors and frontline workers played a vital role in fighting the virus. They worked tirelessly to diagnose and treat patients, providing essential medical care. Additionally, doctors promoted vaccine awareness and administered vaccine distribution to ensure public safety. Their expertise and dedication helped control the disease and encouraged vaccination for a safer future.



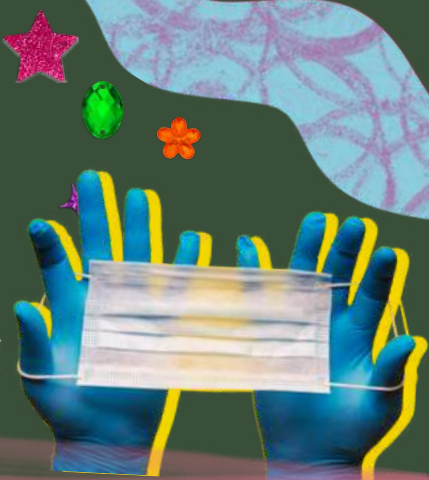


Ways for Doctors to Manage Stress



- Healthcare workers should take regular breaks during their shifts.
- They must prioritise proper eating, drinking, and sleep.
- Engaging in physical activities.
 - Limiting the time spent watching, reading or listening to the news.
 - Maintaining a routine as much as possible
 - Staying in touch with friends and family.
 - Reaching out for help/support.





Our Responsibilities Towards The Medical Professional Community

The public too holds a crucial responsibility. By adhering to public health guidelines such as wearing masks, practising social distancing, and getting vaccinated, individuals can help reduce the burden on healthcare systems.

Additionally, showing gratitude and empathy towards healthcare workers, spreading awareness about their challenges and advocating for their well-being are ways we can strengthen their resilience and support them.



Words From the Editor

In honour of National Doctors' Day on July 1st, this month's newsletter focuses on the Mental Toll on the Lives of Medical Professionals.

Throughout the process of crafting this newsletter, I have gained a deeper appreciation for the challenges faced by healthcare workers. Their resilience and sacrifices deserve our utmost respect and gratitude.

I urge each of you to reflect on the contributions made by healthcare workers and consider ways to appreciate and support these incredible individuals who selflessly care for all of us.

— Vedant Khanduja



sources

SA News

news.jagatgururampalji.org/national-doctors-day/

British Medical Association

bma.org.uk/media/2475/bma-covid-19-and-nhs-staff-mental-health-wellbeing-report-may-2020.pdf

Centers for Disease Control and Prevention

cdc.gov/coronavirus/2019-ncov/vaccines/index.html

UCL

ucl.ac.uk/news/2020/apr/helping-healthcare-workers-cope-stress

National Institutes of Health

covid19.nih.gov/