



Health Care Professionals and their Mental Health

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Received: March 01, 2022

Published: March 15, 2022

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Many-a-times we see that a topic like this is always neglected or found to be of zero significance. Never is mental health of a person let alone a healthcare professional taken seriously.

What would you have done if the responsibility of a sick and tired person's life was handed over to you? Panic, feel scared or would you face the situation head on?

It sounds so sad to me that young graduates in training end up making memes about how depressed they are watching and observing what they have to during the crucial trainings.

Now not many would understand what it must feel like having one's patient lose his/her life under the observation of a certain healthcare team no matter how critical the condition of the patient might be. We all must and should understand that we're all humans and some things just aren't in our control. This very responsibility of saving someone's life affects the mental health to the very core of one's being, becoming the major reason for depression.

Mental health sessions or counsellings should and must be part of the curriculum so as the trainees and professionals don't feel pressured and inadequate or inferior.

How is a person supposed to work when they themselves don't feel good?

Studies have suggested that resident physicians experience higher rates of depression than the general public with a prevalence of depression or depressive symptoms among resident physicians being 28.8%, ranging from 20.9% to 43.2% in some others, and increase with calendar year.

All in all I would like to request one and all that we should normalize healthcare professionals talking about their mental health and if possible maybe even add a session for counseling in their routine academic curriculum.

If any of you find someone in this situation, please do become a good listener and if you're the one facing something like this, then make sure to let it all out rather than bottling it up within yourselves [1].

Bibliography

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