

# Webinar series for GPs: Managing the shadow effects of the pandemic

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## Webinar one resources: GPs - Put on your oxygen mask first

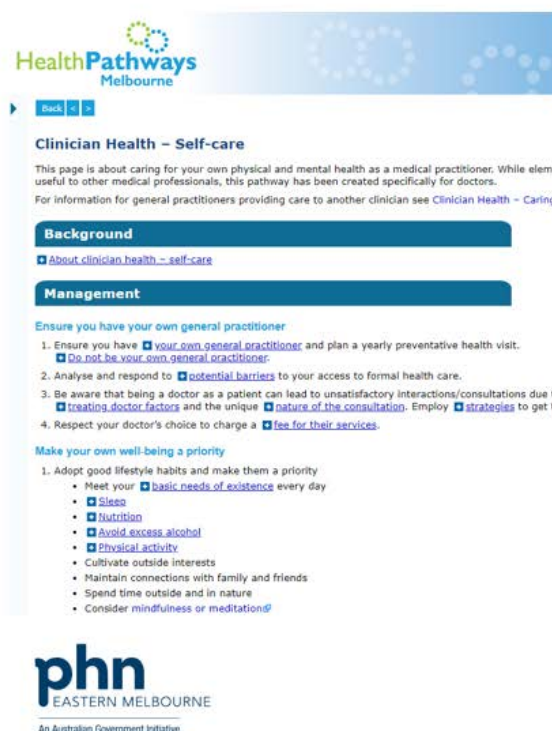
The resources outlined below provides GPs with further supports for their mental health.

- Black Dog's article 'Your personal mental health check-in for lockdown' illustrates simple signs you can look out for so you can actively manage your mental health and wellbeing. [View the article.](#)
- Utilise Black Dog's editable guide on creating a mental health self-care plan. [View the guide.](#)
- Coping with being at home, isolation and ways to look after your mental health amid the coronavirus pandemic. [View the guide.](#)
- The Victorian Doctors Health Program (VDHP) is a free, confidential service for all doctors and medical students who have health concerns such as stress, mental health problems, substance use problems, or any other health issues. [View the program.](#)
- RACGP has a dedicated self-care and mental health resource for GP wellbeing. [View the resources.](#)

## HealthPathways Melbourne

Pathways as outlined during the webinar are [Clinician health - Self-care](#) and [Clinician Health - Caring for Medical Professionals](#). Click to view and save the image below of the pathways.

# HealthPathways Melbourne: Clinician Health



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### Clinician Health – Self-care

This page is about caring for your own physical and mental health as a medical practitioner. While eleme useful to other medical professionals, this pathway has been created specifically for doctors.  
For information for general practitioners providing care to another clinician see [Clinician Health - Caring](#)

#### Background

[About clinician health – self-care](#)

#### Management

Ensure you have your own general practitioner

1. Ensure you have [your own general practitioner](#) and plan a yearly preventative health visit.  
[Do not be your own general practitioner.](#)
2. Analyse and respond to [potential barriers](#) to your access to formal health care.
3. Be aware that being a doctor as a patient can lead to unsatisfactory interactions/consultations due to [treating doctor factors](#) and the unique [nature of the consultation](#). Employ [strategies](#) to get t
4. Respect your doctor's choice to charge a [fee for their services](#).

Make your own well-being a priority

1. Adopt good lifestyle habits and make them a priority
  - Meet your [basic needs of existence](#) every day
    - [Sleep](#)
    - [Nutrition](#)
    - [Avoid excess alcohol](#)
    - [Physical activity](#)
  - Cultivate outside interests
  - Maintain connections with family and friends
  - Spend time outside and in nature
  - Consider [mindfulness or meditation](#)

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### Clinician Health – Caring for Medical Professionals

#### Background

[About caring for other medical professionals](#)

#### Assessment

1. Perform a thorough history and examination, as you would any other patient. Do **not**:
  - change the typical style of consultation.
  - avoid addressing sensitive areas (e.g. mental health, domestic violence, sexual health) d
  - make assumptions about their level of knowledge or understanding of their condition.
2. Be aware of the different [factors](#) involved when assessing another doctor, and employ [str](#)
3. Be aware of factors affecting [international medical graduates](#) that put them at increased risk problems and face barriers in accessing health care.
4. Depending on condition, consider:
  - measuring height, weight, body mass index, and blood pressure.
  - performing cardiovascular, diabetes, and age-appropriate cancer screening as per guideli
  - assessing vaccination history and offer catch-up vaccination and booster doses.
5. Consider:
  - [Drug and alcohol problems.](#)
  - [Mental health problems.](#)
  - [Work-related fatigue.](#)
  - [Symptoms of burnout.](#)
  - [COVID-19.](#)

#### Management

1. Discuss confidentiality and [mandatory reporting](#) when relevant. If necessary, reassure the p is [notifiable conduct](#).
2. Treat physical, mental health, and drug and alcohol problems as with other patients.
3. Treat COVID-19 as per guidelines for [health care workers](#). If infection is confirmed, return-to- Public Health Units.