

REVIEW ARTICLE

How to Maintain our Health as Healthcare Staff of the Emergency Department? a Review Article

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Abstract

Maintaining health is a requirement for having a satisfying job and being efficient. 24-hour activity and working every day of the week leads physicians who work in emergency departments to facing the effects of imbalance in physiological status of the body due to changes in working shifts and working hours. It has been proved that working in shifts leads to decreased quality of sleep, fatigue, mental state disorders, dysfunction in social and family relationships, and problems in providing the mental needs of individuals. With increase in mental and physical tiredness, physicians gradually develop feelings of depersonalization, frustration and emptiness. They develop a negative view towards the patients and their treatment and if the fatigue continues the patient-physician relationship will suffer. The basis of the solution in cases of fatigue is providing a balance in life and looking after oneself and personal health. To improve sanity and mental-physical health in a healthcare system, an array of people are involved, each of whom plays an important role in this major issue.

Keywords: Emergency Service, Hospital; Burnout, Professional; Health Personnel
