

Occupational Stress in doctors and effects of life Style, habits and de-stressing techniques

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Abstract

Job or occupational stress is something we all face as employees or employers and we all handle it differently. It is a mismatch between the individual capabilities and organizational demands.

Presently various challenges are faced by doctors making medical profession a tough job leading to occupational stress. Doctors are involved in long and irregular working hours which is one of the most common problem resulting in varying levels of exhaustion, sleep deprivation and stress. Apart from this there is an important role of diet & lifestyle habits. Dietary habits, smoking, alcohol, physical exercise is found to be having a significant role on occupational stress in doctors.

Aim & Objectives: To study the effects of life style habits of doctors on occupational stress. To study the destressing techniques used by doctors to cope up with occupational stress.

Material & Methods: This study is cross sectional Observational study conducted in Indian doctors.

Results: Out of 392 participants 289 (73.72 %) were male and 103 (26.28%) were females. The male and female ratio was 2.81:1.00.

Results: Significant association found between timing of food and psychological occupational stress. Alcohol, exercise, plying sports, de-stressing techniques were significantly associated with psychological occupational stress. Doctors who do not exercise were having 2.07 times higher risk of psychological occupational stress than those who do. 203 (51.79%) participants were using one or the other de stressing techniques which helped them to reduce the stress.

Conclusion: Modification in life style habits, exercise and relaxation techniques can all help cope up with the occupational stress in doctors and can help in providing a better health care to the patients.



Biography:

Dr. Mohammed Moizuddin Khan is a MBBS, MD. PhD in Human physiology from MGM University of health sciences Mumbai India. With a professionally rich experience of more than 15 years in teaching Human physiology to undergraduate and post graduate medical students, am also involved in commendable Academic Leadership, Development and Research activities of the institution which is evident by working currently at COM DAU in various capacities like, Director Faculty Development Program, Head of the International Collaboration in academics and research, Member of Research Committee of College and university, Member of Medical Education committee.

Speaker Publications:

1. "Occupational Stress Among Doctors -Role of Duty Schedule and De- Stressing Techniques", The FASEB Journal/ Vol 34, 19 April 2020
2. "A cross-sectional study of occupational stress in resident doctors", January 2013
3. "Study of Cardiac Status and Lipid Profile in Young Asymptomatic Cigarette Smokers and Tobacco Chewers", Biomedical and Pharmacology Journal/ Vol 4 issue 1:207-211
4. "Ventilatory Functions of Indian Adults: A Comparative Study with the European Predictions", Biomedical and Pharmacology Journal/ Vol 4 Issue 1:195-199

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