

**5<sup>TH</sup> EUROPEAN LIFESTYLE MEDICINE CONGRESS**  
*Life is about water and medicine*



**NOVEMBER 10 - 12, 2023** Semmelweis University  
BUDAPEST, HUNGARY

*Thermal medicine & Lifestyle  
Medicine interventions.*

Projects with social impact.

*Yohana Isabel De Gracia Hils*

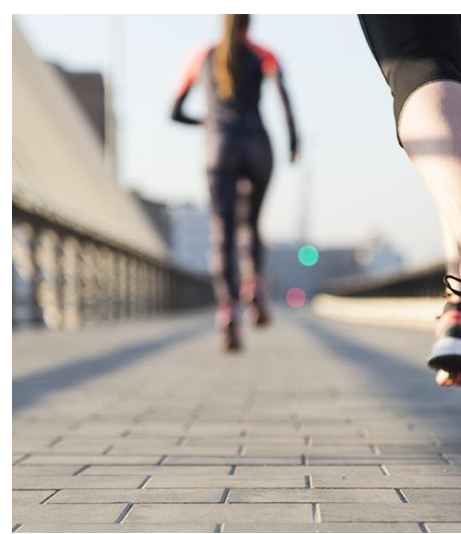
  
Unidad Medicina Termal  
año balneario

## *Disclosure statement*

- The Medical staff declares **do not have conflict of interest.**
- This project was ***free of cost*** for all the participants.
- Participants ***choose*** whether they wanted or not to answer the ***structured and semistructured interviews voluntarily.***

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Balneario de Ariño. 2022.





"Health is a state of **complete physical, mental and social well-being** and not merely the absence of disease or infirmity."



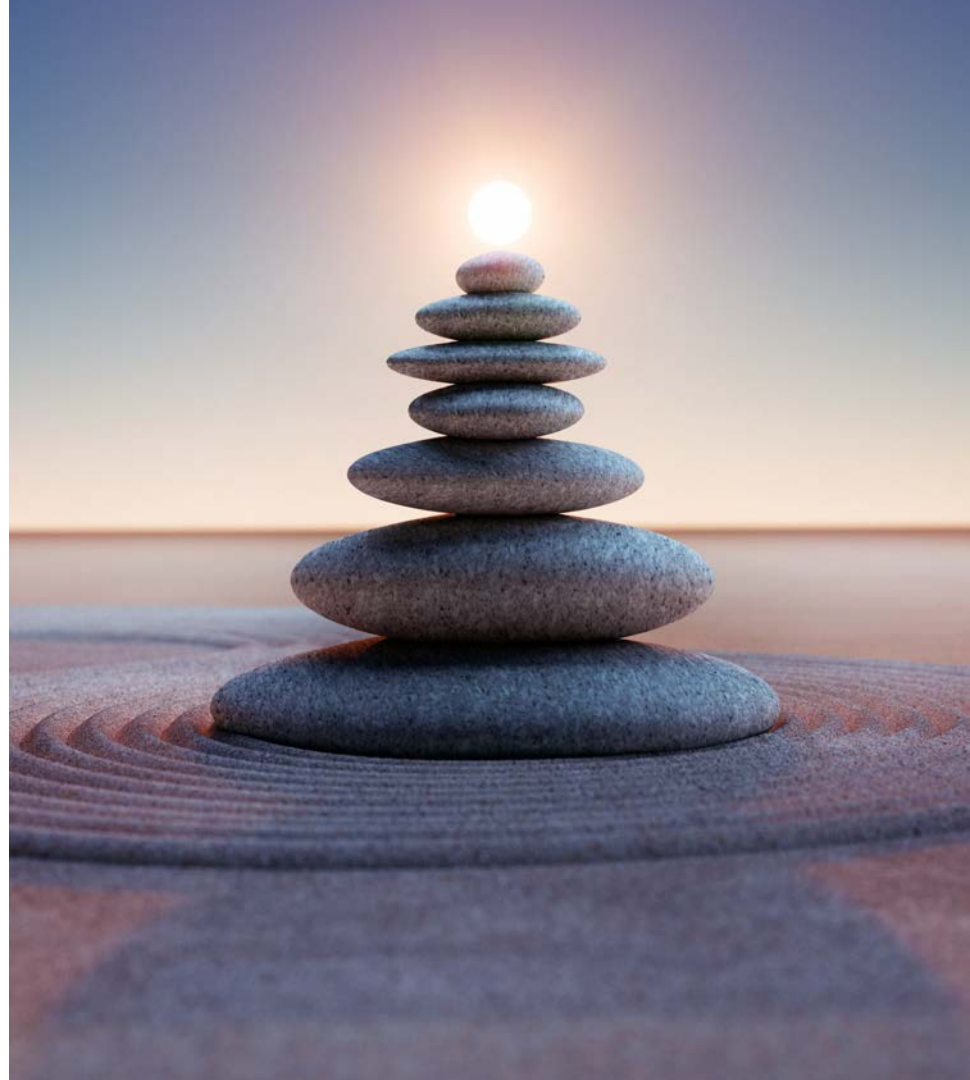
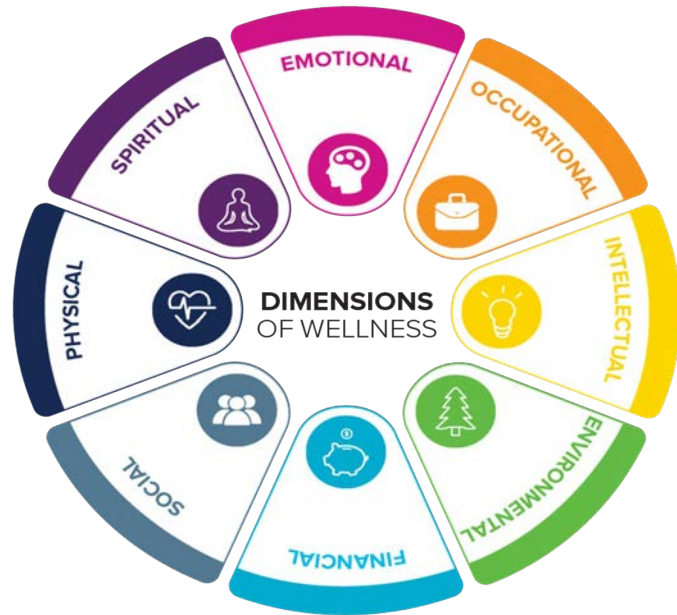


“state of **well-being** in which the individual realizes his or her own abilities, **can cope** with the normal **stresses** of life, can work **productively** and **fruitfully**, and is able to make a **contribution** to his or her community”



# Well-being

The “**active pursuit** of activities, **choices** and **lifestyles** that lead to a state of *holistic health*”.



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J R Coll Physicians Edinb. 2009 Dec; 39(4): 290–291.

doi: [10.4997/JRCPE.2009.422](#)

## Physicians' health practices strongly influence patient health practices

[EB Oberg](#)<sup>1</sup> and [E Frank](#)<sup>2</sup>

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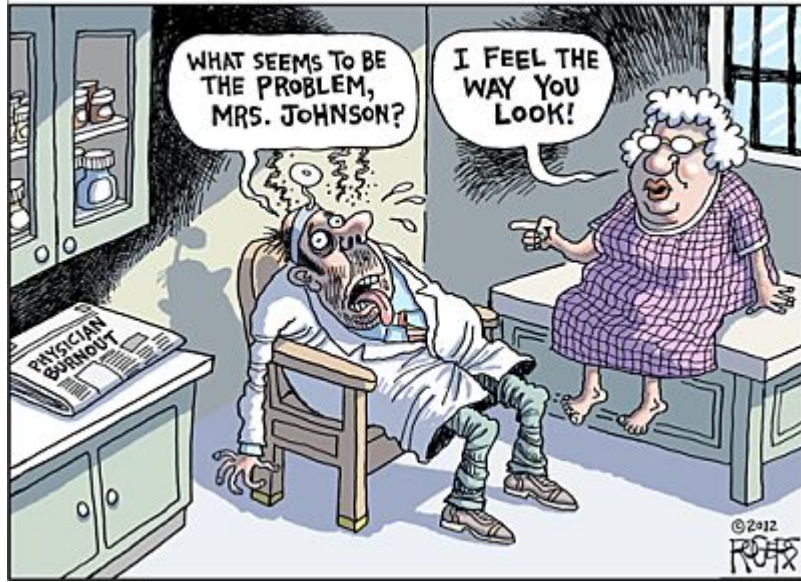


Physicians who practise healthy habits play a key role by helping their patients to adopt healthy lifestyles for primary prevention of chronic diseases. The health of general practitioners (GPs) is important because they serve as health role models and because they are more likely to counsel their patients about health behaviour change if they practise healthy habits themselves. One of the strongest predictors of health promotion counselling by primary care physicians is practising a healthful behaviour oneself – it is clear that many physicians report difficulty counselling patients about behaviours they themselves do not practise.<sup>1,2</sup>

Health promotion counselling by providers is more effective than outsourcing counselling to a specialist or health coach, in part because patients view GPs as the most trusted source of health information. Since physicians are key health role models and advisors who often meet with patients during potentially impressionable times, their own health behaviours may affect their ability to engage their patients in healthful behaviours.<sup>3</sup> In fact, the majority of people cite their physician as their primary source of information regarding healthy lifestyle decisions and are more likely to adopt a healthy behaviour when their physician recommends it.<sup>4</sup>

# SECOND OPINION

BY ROB ROGERS



*GOOD MORNING I AM YOUR DOCTOR; HOW CAN I HELP?*





## The National Institute for Occupational Safety and Health (NIOSH)

### Health Workers are More Likely to Experience Mental Health Problems



Challenging work conditions put over 20 million U.S. health workers at risk for mental health problems. Health workers include everyone working in patient care, such as nurses, physicians, home health aides, and medical assistants, and many others who serve in critical support roles. Mental health concerns among health workers include stress, burnout, depression, anxiety, substance use disorders, and suicidal behavior. These mental health concerns are not new. Even before the pandemic, health workers faced challenging work conditions and suffered high rates of poor mental health outcomes. For example, 79% of physicians reported burnout starting before the pandemic [1].

Some of the challenging work conditions in healthcare include:

- Long work hours
- Rotating and irregular shifts
- Intense physical and emotional labor
- Exposure to human suffering and death
- Increased risk of exposure to disease and violence





At what age did you feel that you had the purpose to work to help others in any health care related profession?









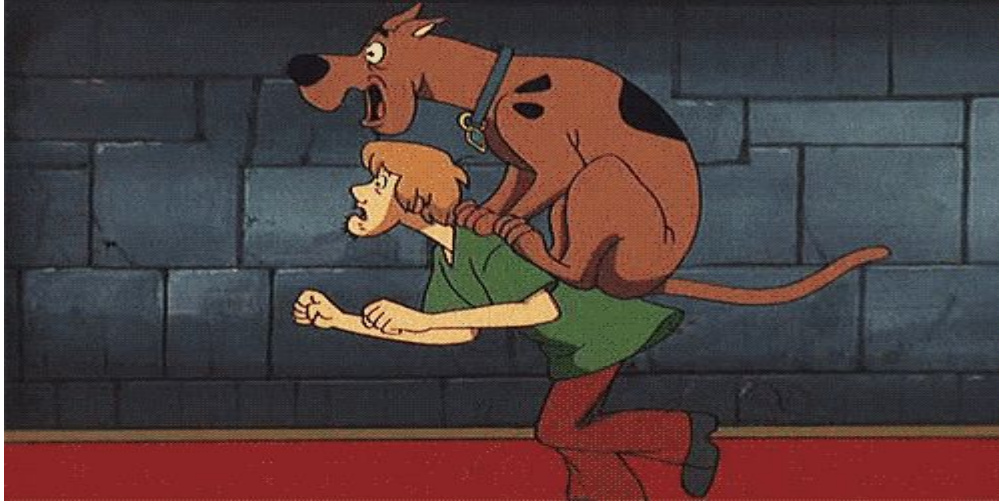
*In our  
professional lives*



*We will have  
many triumphs  
and victories*



*This demands  
sacrifice and  
effort.*



*Fly you fools!*

## The Association of Work Overload with Burnout and Intent to Leave the Job Across the Healthcare Workforce During COVID-19

[Lisa S. Rotenstein](#), MD, MBA,<sup>1</sup> [Roger Brown](#), PhD,<sup>2</sup> [Christine Sinsky](#), MD,<sup>3</sup> and [Mark Linzer](#), MD<sup>4</sup>

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**FOR IMMEDIATE RELEASE**

**May 23, 2022**

**Contact: HHS Press Office**

**202-690-6343**

[media@hhs.gov](mailto:media@hhs.gov)

# New Surgeon General Advisory Sounds Alarm on Health Worker Burnout and Resignation

*During Mental Health Awareness Month, Surgeon General's Advisory Highlights the Impacts of the COVID-19 Pandemic on Health Workers, Who Already Faced Crisis Levels of Burnout Prior to the Pandemic*

*There is a Projected Shortage of More than 3 Million Essential Low-Wage Health Workers in the Next Five Years and a Projected Shortage of Nearly 140,000 Physicians by 2033*

## Association of burnout and intention-to-leave the profession with work environment: A nationwide cross-sectional study among Belgian intensive care nurses after two years of pandemic

[Arnaud Bruyneel](#)<sup>1</sup>, [Nicolas Bouckaert](#)<sup>2</sup>, [Charline Maertens de Noordhout](#)<sup>2</sup>, [Jens Detollenaere](#)<sup>2</sup>, [Laurence Kohn](#)<sup>2</sup>, [Magali Pirson](#)<sup>3</sup>, [Walter Sermeus](#)<sup>4</sup>, [Koen Van den Heede](#)<sup>5</sup>

Affiliations [+ expand](#)

PMID: 36423423 PMCID: [PMC9640385](https://pubmed.ncbi.nlm.nih.gov/PMC9640385/) DOI: [10.1016/j.ijnurstu.2022.104385](https://doi.org/10.1016/j.ijnurstu.2022.104385)

HEALTH

## WHY HEALTH-CARE WORKERS ARE QUITTING IN DROVES

About one in five health-care workers has left their job since the pandemic started. This is their story—and the story of those left behind.

By Ed Yong

ONCE  
UPON A TIME

> BMC Med Educ. 2023 Jun 26;23(1):476. doi: 10.1186/s12909-023-04451-6.

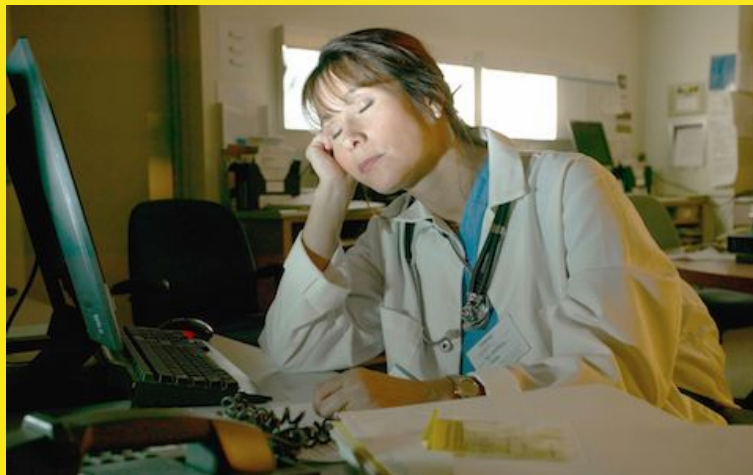
## The impact of global health outreach experiences on medical student burnout

Thomas Kuehn <sup>1</sup>, Cody Crandall <sup>1</sup>, Jefferson Schmidt <sup>1</sup>, Zeke Richards <sup>1</sup>, Taylor Park <sup>1</sup>, Morgan Szczepaniak <sup>1</sup>, Isain Zapata <sup>2</sup>, Mark Wardle <sup>3</sup>

Affiliations + expand

PMID: 37365546 PMCID: PMC10294532 DOI: 10.1186/s12909-023-04451-6

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FIRST OPINION

## Medical training programs need to care about physician burnout. Should the rest of us?

By Timothy Hoff June 21, 2018

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Medscape

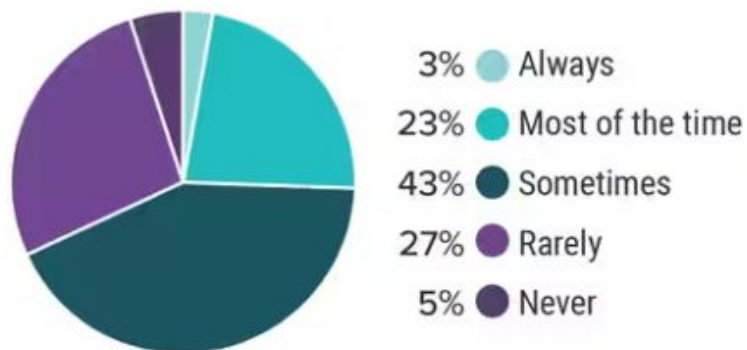
## Sometimes Optimistic, Sometimes Struggling

Residents Lifestyle &  
Happiness Report

2023



### Frequency of Attention to Your Own Well-Being



*Respondents were asked how often they paid attention to their health and wellness.*



## ANALYTIC REVIEW

Gia Merlo, MD, MBA and  
James Rippe, MD

# Physician Burnout: A Lifestyle Medicine Perspective

**Abstract:** Physician burnout, as described in North America, is a multidimensional work-related syndrome that includes emotional exhaustion, depersonalization, and a low sense of accomplishment from work. More than 50% of physicians were reporting symptoms of burnout prior to the COVID-19 pandemic. This silent epidemic of burnout is found to become less silent as the pandemic continues. Lifestyle medicine is an evidence-based discipline that describes how daily habits and health practices can affect overall health and well-being of individuals. Lifestyle Medicine can potentially play a significant role in preventing and ameliorating physician burnout. This article explores the burnout process, including the historical context, international definitions, symptoms, and implications of the clinical diagnosis. The systemic, etiological issues are discussed, and the psychological underpinnings are explained, including physicians' personal vulnerabilities contributing to burnout. The stress response and lifestyle medicine's role in healthy coping are described. A prevention model for risk factor reduction is proposed, focusing on primordial, primary, secondary, and tertiary prevention. Lifestyle medicine

clinicians' role in prevention, treatment, and advocacy to ameliorate the potential for burnout is discussed along with specific recommendations.

**Keywords:** stress response; physician burnout risk reduction; lifestyle medicine; psychological vulnerabilities to burnout; primordial, primary, secondary, and tertiary prevention.

based on 6 pillars that can support physician wellness and thereby provide a compelling model to approach the reduction of the individual risk factors in burnout.

Physician burnout is described in the North American academic literature as a multidimensional work-related syndrome characterized by emotional exhaustion, depersonalization, and a low sense of

**Health care providers are experiencing all the adverse life impacts of COVID-19 that plague the general population, including stress, depression, grief, and isolation.**

### Introduction

In recent years, there has been much focus in the medical literature on physician burnout, wellness, and self-care. The core principles in the practice of lifestyle medicine can potentially play a significant role in preventing or ameliorating physician burnout. Lifestyle medicine is an evidence-based discipline that describes how daily habits and health practices can affect the overall health and well-being of an individual. Lifestyle medicine provides strategies

to ameliorate burnout. Prior to the coronavirus disease 2019 (COVID-19) pandemic, health care workers were already working in stressful circumstances, with more than 50% reporting burnout. Health care providers are experiencing all the adverse life impacts of COVID-19 that plague the general population, including stress, depression, grief, and isolation. In addition, they are also taking care of an increased number of critically ill patients, often at times without appropriate

DOI: 10.1177/20862708211006010. From Editorial Board Psychiatry and Mental Health, American Journal of Lifestyle Medicine, New York University Rory Meyers College of Nursing, New York, and New York University Graduate School of Medicine, New York (GM); and University of Massachusetts Medical School, Worcester, MA, Dr. James Rippe, Massachusetts, and Rippe Lifestyle Institute, Dr. James Rippe, Massachusetts (JR). Address correspondence to: Gia Merlo, MD, MBA, New York University, 433 1st Avenue, Box 430, New York, New York University 10016; e-mail: gm123@nyu.edu.  
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# 'I Cry but No One Cares': Physician Burnout & Depression Report 2023

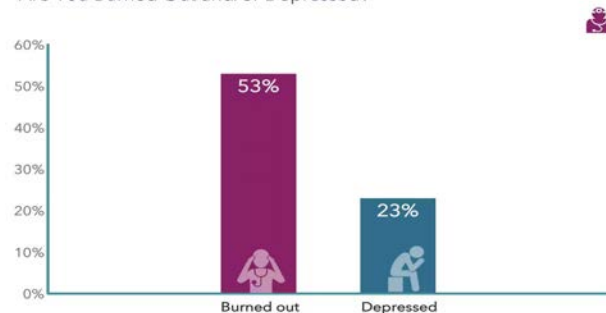
Leslie Kane, MA | January 27, 2023 | [Contributor Information](#)

The impact of persistent burnout and depression continues to build among doctors. Frustration, sadness, and anger are widespread. In this year's survey, over 9100 physicians across more than 29 specialties told poignant stories of how burnout and depression affects them, how it harms personal and patient relationships, and how they are trying to deal with it. While the COVID-19 pandemic is causing fewer deaths in the United States now than it did 2 years ago, the changes it has spawned are still burdening physicians and clinicians.

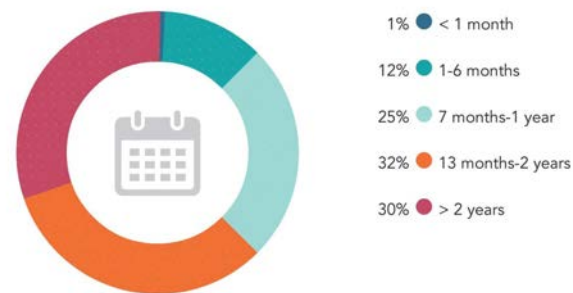
Has Burnout Had a Negative Effect on Your Relationships?



Are You Burned Out and/or Depressed?



How Long Have You Felt Burned Out?



# 'DEATH BY 1000 CUTS'

## 2021 PHYSICIAN BURNOUT & SUICIDE REPORT



**Original Investigation** | Occupational Health

December 9, 2020

## Association of Physician Burnout With Suicidal Ideation and Medical Errors

Nikitha K. Menon, BA<sup>1</sup>; Tait D. Shanafelt, MD<sup>2</sup>; Christine A. Sinsky, MD<sup>3</sup>; [et al](#)

[» Author Affiliations](#) | [Article Information](#)

*JAMA Netw Open.* 2020;3(12):e2028780. doi:10.1001/jamanetworkopen.2020.28780

[Front Public Health.](#) 2023; 11: 1133484.

Published online 2023 Mar 30. doi: [10.3389/fpubh.2023.1133484](#)

PMCID: PMC10098100

PMID: [37064688](#)

### The relationship between physician burnout and depression, anxiety, suicidality and substance abuse: A mixed methods systematic review

[Emer Ryan](#),<sup>1, 2, 3, \*</sup> [Kevin Hore](#),<sup>3, 4</sup> [Jessica Power](#),<sup>5</sup> and [Tracy Jackson](#)<sup>2</sup>

[» Author information](#) [» Article notes](#) [» Copyright and License information](#) [PMC Disclaimer](#)

[Mo Med.](#) 2020 Sep-Oct; 117(5): 426–429.

PMCID: PMC7723130

PMID: [33311744](#)

### Break the Silence: Physician Suicide in the Time of COVID-19

[Amanda M. Kingston](#), MD

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#### Abstract








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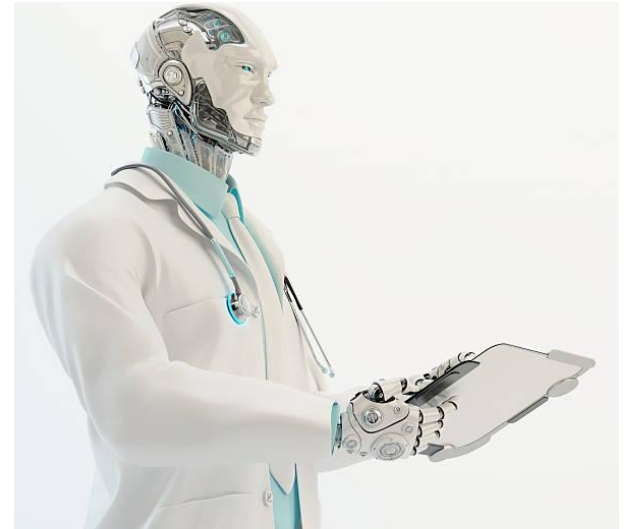
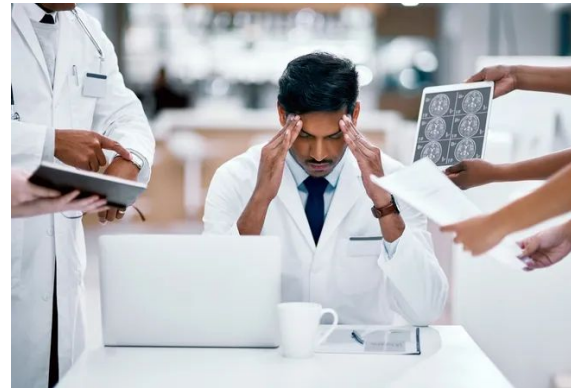
The rates of physician burnout, depression, and suicide have been on the rise over the past 50 years. Despite increased attention to these topics over the past decade these numbers have remained steady. In the age of SARS-Cov-2 and COVID-19 these numbers are predicted to show a steep increase due to the increased work demands, social isolation, decreased self-care, and increased exposure to emotionally traumatic events at work and home. The potential solutions to these issues generally remain the same; however, we are now in an environment with even more barriers to those solutions.



Cross-sectional Study

## Factors associated with loss of motivation and hesitation to work amongst frontline health care providers during the COVID-19 pandemic: A cross-sectional survey from a developing country

Mehreen Malik<sup>a</sup> , Syeda Tayyaba Rehan<sup>b</sup> , Farheen Malik<sup>b</sup> , Jawad Ahmed<sup>b</sup> ,  
Chaudhary Abdul Fatir<sup>c</sup> , Hassan ul Hussain<sup>b</sup> , Asiyah Aman<sup>a</sup> ,  
Muhammad Junaid Tahir<sup>c</sup> 



# Burnout, psychopathology and purpose in life in healthcare workers during COVID-19 pandemic



<sup>1</sup> Department of Psychiatry, School of Medical Sciences, National University of Asunción, Asunción, Paraguay

<sup>2</sup> Fundación Universitaria del Área Andina, Bogotá, Colombia

<sup>3</sup> Department of Mental Health, Consorcio Hospitalario Provincial de Castellón, Castellón de la Plana, Spain

<sup>4</sup> TXP Research Group, Universidad Cardenal Herrera-CEU, CEU Universities, Castellón de la Plana, Spain

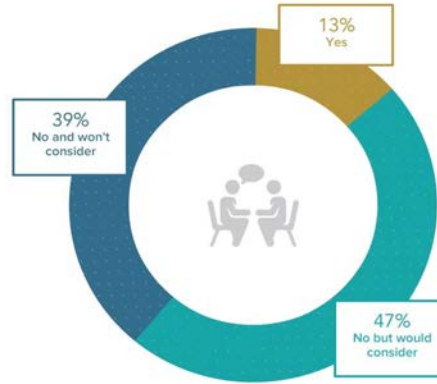
<sup>5</sup> Department of Basic Psychology, Clinic and Psychobiology, Jaume I University, Castellón de la Plana, Spain

<sup>6</sup> Torrente Mental Health Unit, Hospital General de Valencia, Torrente, Spain



# ¿Why, healthcare workers do not seek for help?

Have You Sought Professional Help to Reduce Burnout?





## Stigma drives mental health of healthcare workers into the shadows

4 Comments

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In this series, [AMS Healthcare](#) addresses the challenges facing healthcare today – particularly in light of the COVID-19 pandemic. The AMS Community promotes compassionate care, development of the leadership needed to realize the promise of technology and the understanding of how our medical history influences the future of our healthcare. A new piece will be posted every Friday on [Healthy Debate](#).

In our research, we have found that people suffering from mental illness and addictions are implicitly blamed and shamed for seeking help. Witnessing the way patients are treated for seeking psychological help, healthcare workers hide their own suffering deeper into the shadows. Over time, many absorb their own suffering and fall into cycles of self-blame, increasing the risk of suicide.



# The economic impact



# The Financial Burden of Job Stress

About one-third of workers report high levels of stress. This can create a burden for employers in health care costs, periods of disability, absenteeism, job turnover and poor productivity.

## How Costly is Job Stress?

Job stress is estimated to cost American companies more than \$300 billion a year in health costs, absenteeism and poor performance. In addition, consider these statistics:

- 40% of job turnover is due to stress. [1]
- Healthcare expenditures are nearly 50% greater for workers who report high levels of stress. [2]
- Job stress is the source of more health complaints than financial or family problems. [2]
- Replacing an average employee costs 120-200% of the salary of the position affected. [3]
- The average cost of absenteeism in a large company is more than \$3.6 million/year. [4]
- Depression is the largest single predictor of absenteeism and work related performance. [5]
- Depressive illness, a common side effect of job stress, in employees is associated with nearly 10 annual sick days (this study included one large firm). [6]
- For every 47 cents spent on treating depression, another 53 cents is indirectly spent on absenteeism, presenteeism, and disability. [7]
- Insurance data indicates insurance claims for stress related industrial accidents cost nearly twice as much as non stress related industrial accidents. [8]

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# The true cost of running on empty: work-related stress costing UK economy £28bn a year

29 March 2023

- **Latest economic modelling from AXA UK and Centre of Economic and Business Research shows work-related stress and burnout is currently costing the UK economy £28bn a year and resulting in 23.3m sick days a year**
- **Data from AXA's Mind Health Study reveals almost half (47%) of the country are currently struggling or languishing, defined as an absence of positive wellbeing or in emotional distress**
- **AXA UK is launching a 'Mind Health Meter' to help people understand the state of their mind health, avoid getting to the point of struggling and reduce stress levels**

# Other Social impact

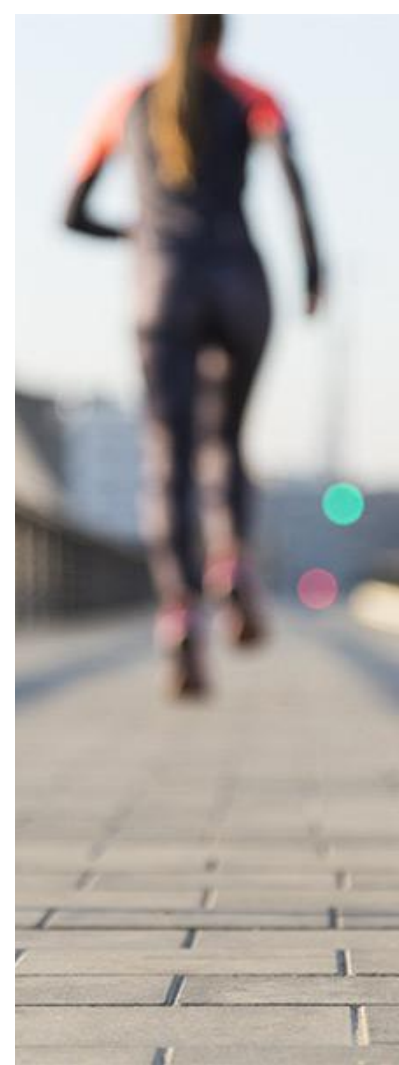


1. *Personal*
2. *Family*
3. *Patient-relation*
4. *Community*
5. *Country*
6. *World*

*“Love others as  
yourself.”*

*Matheo 22:36*





# *Wellbeing School for Healthcare Workers and Residents.*

*Thermal & Lifestyle medicine approach*



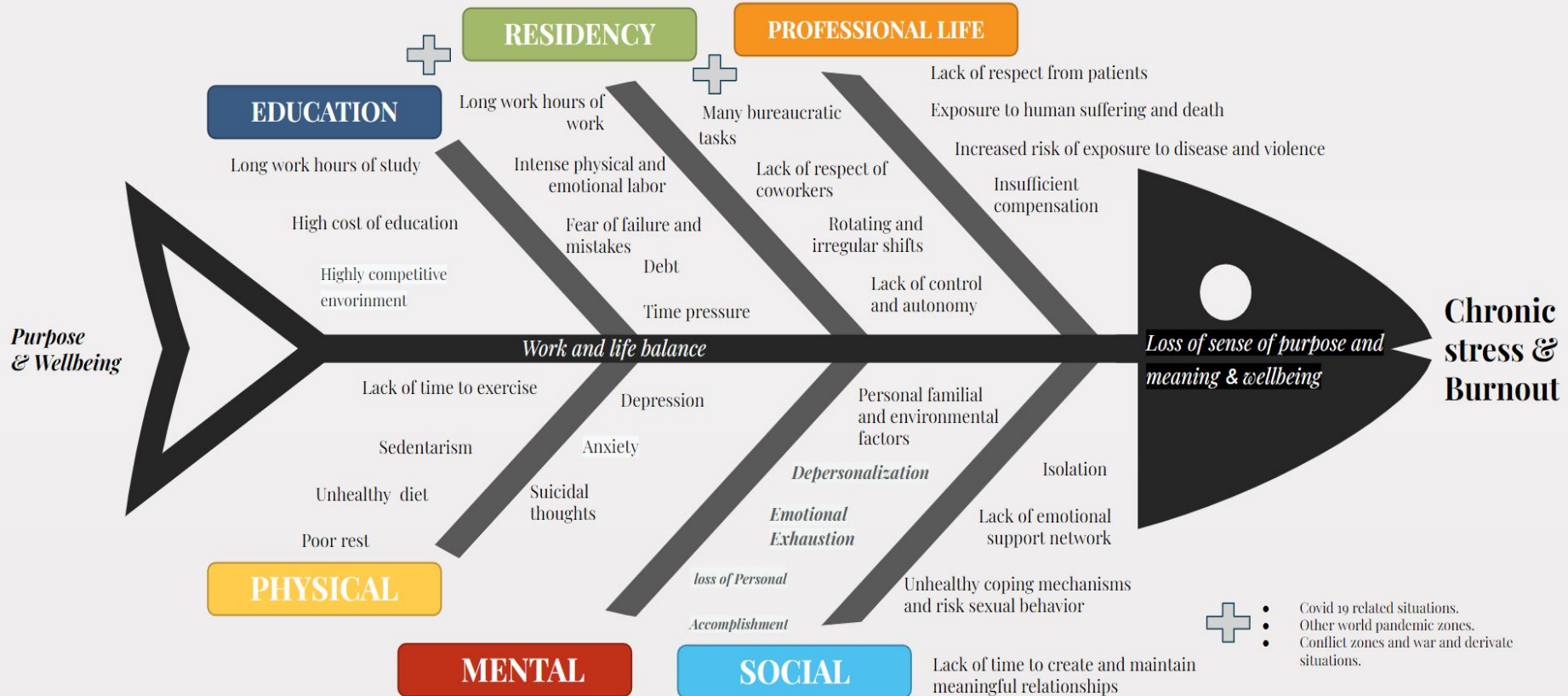
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# *Lifestyle Medicine approach*



# Ishikawa diagram of the loss of purpose and wellbeing

## Healthcare workers & residents





## *Strengthen the Human factor*



- ***Humanize*** the Healthcare Workers and residents.

- ***Improve the quality of care*** for the healthcare workers and residents.



- ***Raise awareness*** among health workers about their health care.

- ***Educate*** healthcare workers and residents on prevention and ***lifestyle medicine***.





The ***Social impact*** that we seek to achieve are:

- ***Improve the skills*** of these workers for the future.
- Improve the ***health and well-being*** of healthcare workers, their ***families*** and their ***patients***, which improves ***society***.

## 4 INTERVENTIONS

ONE PER MONTH

1. EDUCATIONAL TOOLS
2. MOTIVATIONAL COACHING
3. COGNITIVE TASKS AND HOMEWORK
4. PHYSICAL ACTIVITY
5. RELAXATION ACTIVITY
6. MENTAL & EMOTIONAL TOOLS

## *Physical Intervention*

- *45 minutes HIIT in Thermal water*
- *45 minutes Thermal relaxation circuit.*
- *Yoga class.*
- *Breathing exercises.*



## **Emotional & Social Intervention**

- *Mindfulness*
- *Cognitive tasks and homework*
- *SMART Goals*
- *Diary of emotional & Physical care*
- *Gratitude, Purpose, Forgive.*

## **Coaching Intervention**

1. *Physician heal thyself.*
2. *Blue zones of longevity: lessons for everyone.*
3. *Emotional First Aid.*
4. *Emotional support Network.*





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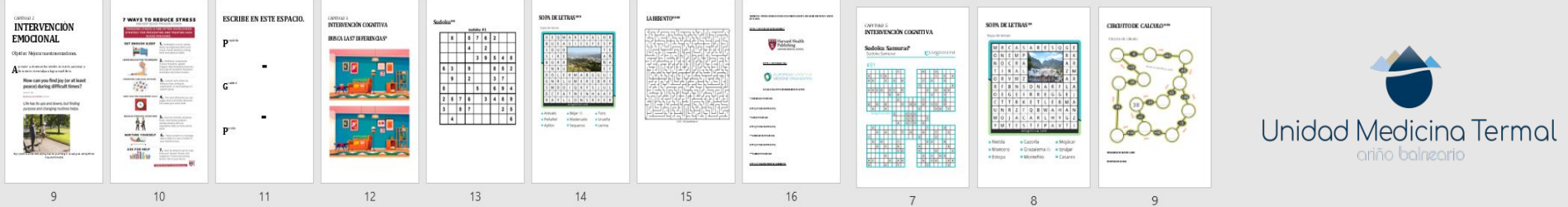
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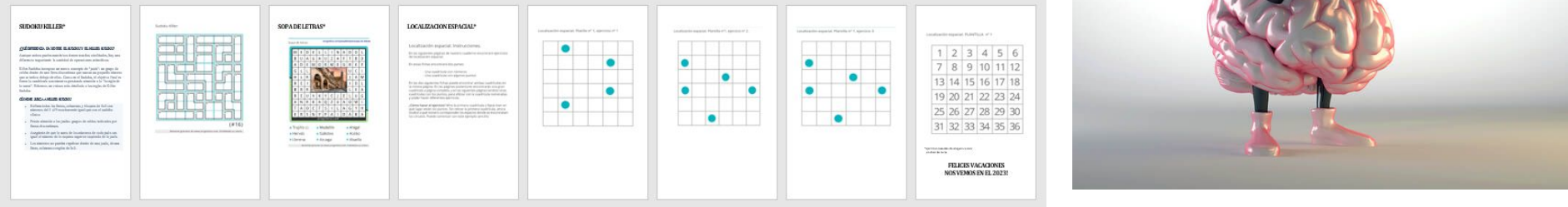
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Localización español: Nivel 1 - Ejercicio 1

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Localización español: Nivel 1 - Ejercicio 2

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Localización español: Nivel 1 - Ejercicio 3

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Localización español: Nivel 1 - Ejercicio 4

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31	32	33	34	35	36

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MÁS VEMOS EN EL 2022

## Balneotherapy, Immune System, and Stress Response: A Hormetic Strategy?

Isabel Gálvez,<sup>1</sup> Silvia Torres-Piles,<sup>2</sup> and Eduardo Ortega-Rincón<sup>1,\*</sup>

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### Abstract

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Balneotherapy is a clinically effective complementary approach in the treatment of low-grade inflammation- and stress-related pathologies. The biological mechanisms by which immersion in mineral-medicinal water and the application of mud alleviate symptoms of several pathologies are still not completely understood, but it is known that neuroendocrine and immunological responses—including both humoral and cell-mediated immunity—to balneotherapy are involved in these mechanisms of effectiveness; leading to anti-inflammatory, analgesic, antioxidant, chondroprotective, and anabolic effects together with neuroendocrine-immune regulation in different conditions. Hormesis can play a critical role in all these biological effects and mechanisms of effectiveness. The hormetic effects of balneotherapy can be related to non-specific factors such as heat—which induces the heat shock response, and therefore the synthesis and release of heat shock proteins—and also to specific biochemical components such as hydrogen sulfide (H<sub>2</sub>S) in sulfurous water and radon in radioactive water. Results from several investigations suggest that the beneficial effects of balneotherapy and hydrotherapy are consistent with the concept of hormesis, and thus support a role for hormesis in hydrothermal treatments.

**Keywords:** spa therapy, mud therapy, hydrotherapy, hormesis, immune response, inflammation, oxidative stress, heat shock proteins, pain, rheumatic diseases

Show citation

## The Reduction of Distress Using Therapeutic Geothermal Water Procedures in a Randomized Controlled Clinical Trial

Lolita Rapoliėnė<sup>1,2</sup>, Artūras Razbadauskas,<sup>2</sup> and Antanas Jurgelėnas<sup>3</sup>

<sup>1</sup>Seamen's Health Care Center, Taikos 46, LT-91213 Klaipėda, Lithuania

<sup>2</sup>Klaipėda University, Herkaus Manto Gatvė 84, LT-92294 Klaipėda, Lithuania

<sup>3</sup>State Research Institute Centre for Innovative Medicine, Žygimantų 9, LT-01102 Vilnius, Lithuania

 SpringerLink

Review Paper | Published: 18 February 2018

### Effects of balneotherapy and spa therapy on levels of cortisol as a stress biomarker: a systematic review

Michele Antonelli<sup>1</sup> & Davide Donelli

*International Journal of Biometeorology* 62, 913–924 (2018) | [Cite this article](#)

1387 Accesses | 41 Citations | 10 Altmetric | [Metrics](#)

## *Thermal Water Physical & Chemical Characteristics*

### *1. Water composition:*

- ***Sulphated*** 1373 mg/L
- ***Calcium*** 497 mg/L
- ***Magnesium*** 87,1 mg/L

### *2. Mineralization:*

- ***Very strong mineralization*** Dry Residue at 110°C
- 2394 mg/L

### *3. temperature:*

- ***34°C / 93,2 °F mesothermal/acratothermal***

### *4. hardness*

- ***Extremely Hard***
- 153 °Fr

### *Physical*

- *Buoyancy.*
- *Resistance.*
- *Temperature.*
- *Hydrostatic pressure*



## *Physiological effects of Thermal Water:*

- *Neuroendocrine response.*
  - *Immunological response.*
- Humoral and cell mediated  
response.*



Unidad Medicina Termal  
año balneario

1. Thermal Water declaration of public utility.
2. Medicalized Thermal center.



## *Structured Interviews*



# Maslach Burnout Inventory

33 answers

1. **Emotional Exhaustion** measures feelings of being emotionally overextended and exhausted by one's work.
2. **Depersonalization** measures an unfeeling and impersonal response toward patients.
3. **Personal Accomplishment** measures feelings of competence and successful achievement in one's work.



## •MASLACH:

- 43.3% report feeling **exhausted** by work.
- 36.7% report that at the end of their day **they feel empty**,
- 66.6% report that they **feel fatigued when starting** the day in the **morning**.
- 15.1% report that they treat their patients as impersonal objects.
- 54.6% report that **work is wearing them down**.
- 54.6% feel that this job is **hardening them emotionally**.
- 51.6% report feeling **frustrated at work**.

# Perceived Stress scale-14

*Cohen, S., Kamarck, T., Mermelstein, R.*

33 Answers

•*EFP-14* :

- 96,9% report feeling **nervous** or **stressed**.
- 42,4% found that **could not cope** with all the things that you had to do?
- 48,5% has **been angered** because of things that were outside your control?
- 36.4% have felt that difficulties accumulate so much that **they cannot overcome** them.

The Perceived Stress Scale (PSS) is a 14-item self-report measure designed to assess “the degree to which situations in one’s life are appraised as stressful”.



# SF-12 Quality of life

The SF-12 is a self-reported outcome measure assessing the impact of health on an individual's everyday life.

It is often used as a [quality of life](#) measure.



During the past week, have you had any of the following problems with your work or other regular daily activities **as a result of any emotional problems** (such as **feeling depressed or anxious**)?

- 52,4% **Accomplished less than you would like**
- 52,4% **Didn't do work or other activities as carefully as usual**
- 23,8% **Have felt downhearted and blue?**

Has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?

- 33,4% **YES**

# Purpose In Life Test (PIL TEST)

by Crumbaugh and Maholick

## 16 ANSWERS

- 6,3% Life to me seems **completely routine**
- 6,3% My **life is empty**, filled only with despair.
- 6,3% think that, **if they die today, their life has not been worth it.**
- 6,3% I often wonder why I exist.
- 18,8% Facing my **daily** tasks is **a boring and painful experience**
- 12,5% have **thought about suicide** as a way out.
- 12,5% consider that they **do not have a purpose or meaning in life.**

Is the first and the most-studied questionnaire to measure perceived life purpose and meaning.



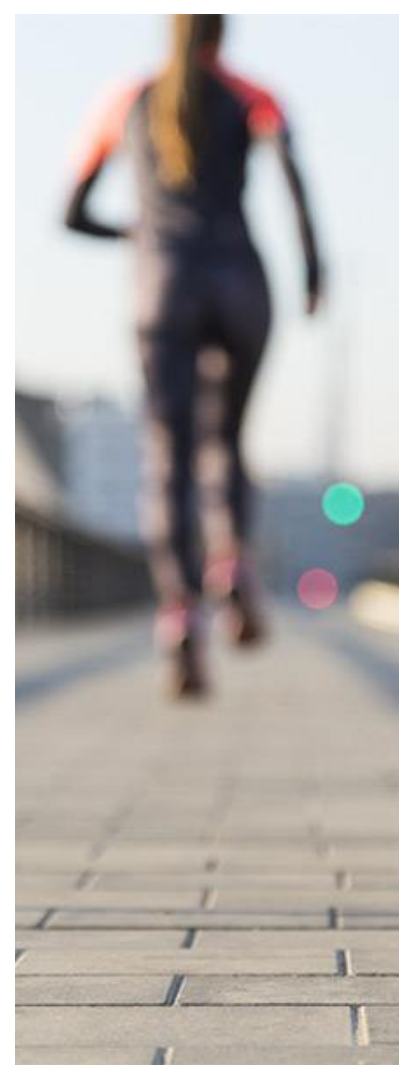


*178 participants*  
*divided in small groups*



We are not elite athletes.  
We are not health gurus...  
We are not perfectly balanced.  
We also have stress...AND BURNOUT  
We also get tired, we get desperate, we cry, we get angry  
We fall and rise...

*we are together on this path.*



# Physician heal Thyself

*Strength Human Factor*

September

## DIARIO DE INICIACIÓN AL CUIDADO EMOCIONAL PARA SANITARIOS.

Salud Emocional	Lunes <small>Tu vida tiene un propósito</small>	Martes <small>Busca un grande</small>	Miércoles <small>Tu vida es tu vida</small>	Jueves <small>Esos momentos</small>	Viernes <small>Tu pasión te inspira</small>	Sábado <small>Entre digital &amp; vida social</small>	Domingo <small>Tu pasión, controla tu vida</small>	Total de Minutos por semana
Escucha una canción que te guste mucho								
Meditación & Respiración /10 minutos								
Gratitud Un motivo cada día								
Conciencia plena 30 minutos								
Sonríe & haz sonreír a uno pensará								
Sé Flexible Sé Resistente								
Realiza una actividad placentera								
Encuentra un Propósito Mínimo 1 al día.								
Reconecta con amigos y familiares								

## DIARIO DE INICIACIÓN AL CUIDADO FÍSICO PARA SANITARIOS.

Salud Física	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo	Total de Minutos por semana
Actividad Aeróbica Intensa /15 minutos								
Actividad Aeróbica Moderada /30 minutos								
Flexibilidad /10 minutos								
Equilibrio /10 minutos								
Fuerza Muscular /10 minutos								
Yoga / Tai Chi								
Cometa								
Natación								

## INICIACIÓN AL CUIDADO EMOCIONAL PARA SANITARIOS.

Vacía tu mente, se amorfo, moldable, como el agua. Si pones agua en una taza, se convierte en la taza, si pones agua en una botella se convierte en la botella, si la pones en una tetera se convierte en la tetera. El agua puede fluir o puede aplastar. Sé agua. Amigo mío!  
-Bruce Lee

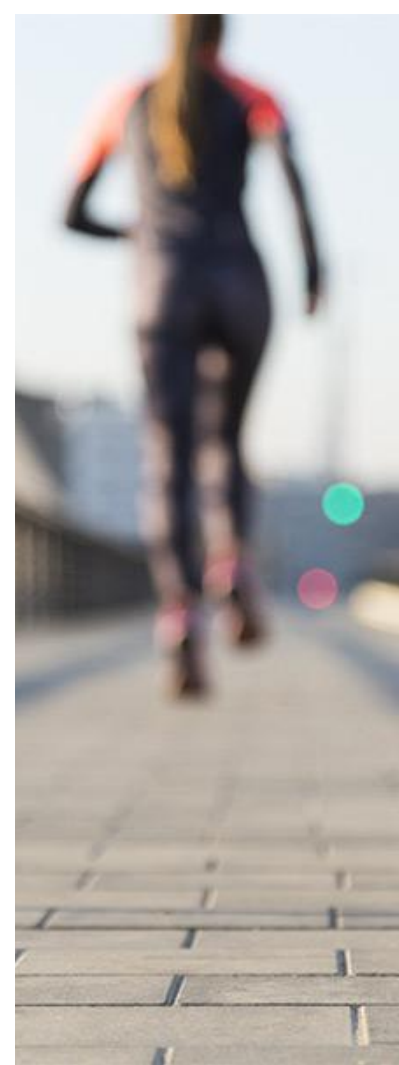
Que te gustaría mejorar	
<b>S</b> <small>Specifico</small>	
<b>M</b> <small>Medible</small>	
<b>A</b> <small>Orientado a Acción</small>	
<b>R</b> <small>Realista</small>	
<b>T</b> <small>Tiempo</small>	

## INICIACIÓN AL CUIDADO FÍSICO PARA SANITARIOS.

Para cuidar a los demás primero cuídate a ti mismo.  
Tu eres tu mayor activo, invierte en ti mismo.

Que te gustaría mejorar	
<b>S</b> <small>Specifico</small>	
<b>M</b> <small>Medible</small>	
<b>A</b> <small>Orientado a Acción</small>	
<b>R</b> <small>Realista</small>	
<b>T</b> <small>Tiempo</small>	





# Blue zones of longevity: lessons for everyone.

October

Purpose, Forgive, Gratitude.

# ESCRIBE EN ESTE ESPACIO.

**P**ropósito

■ ■

**G**ratitud

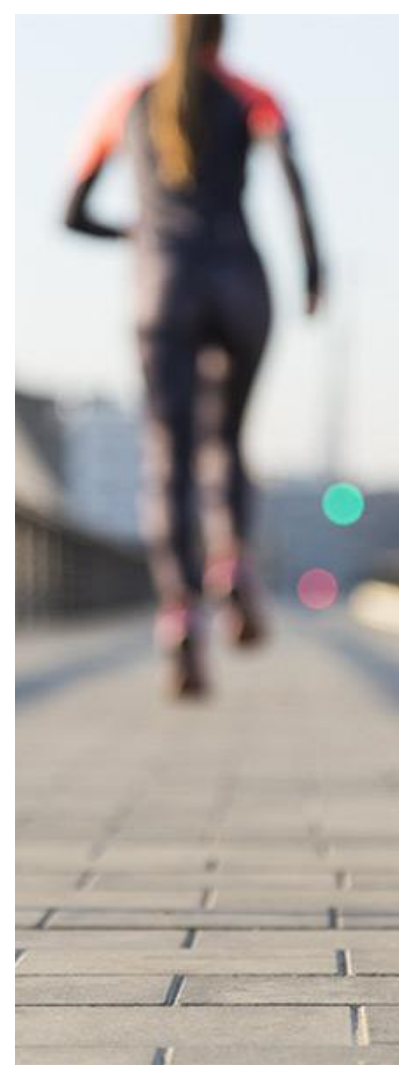
■ ■

**P**erdón

Questions:

1. do you feel your work and life have a sense of purpose, do you have a motivation?
2. Are you grateful for something or someone in your life today, have you tell them?
3. ¿Is there any person you need to forgive?





# Emotional First Aid

November

Survival chain of emotions &  
Resilience.



## Cadena de supervivencia Emocional

Unidad Medicina Termal  
Unión Atlántica

RECONOCER & EVALUAR

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CONTROL CORAZON

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---

CONTROL RESPIRACION

---



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PEDIR AYUDA

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POSICION ADECUADA

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EVALUAR Y CONTINUAR  
 LOS CUIDADOS

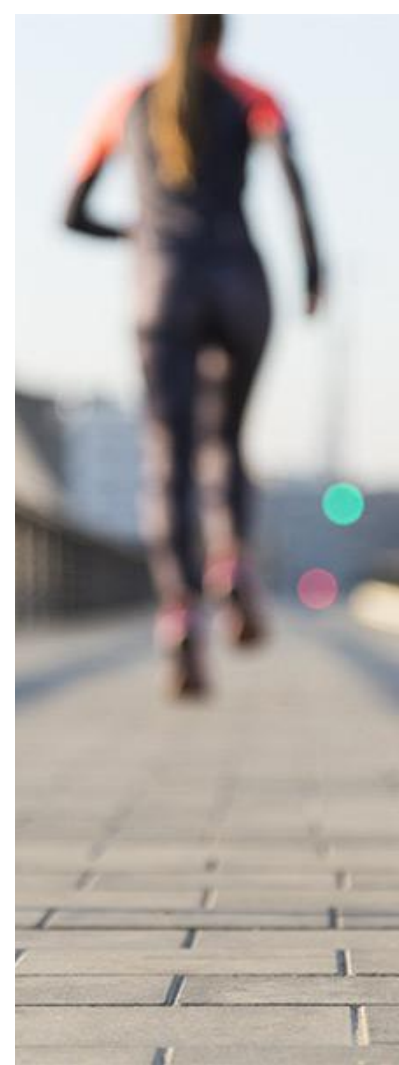
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# Emotional support Network

December

Be connected

# Building strong emotional support network



**Personas de las que recibo apoyo**

Apoyo y cuidados que recibo

Persona

Apoyo y cuidados que recibo

Persona

Apoyo y cuidados que recibo

Persona

Apoyo y cuidados que recibo

Persona

This form is titled "Personas de las que recibo apoyo". It features a central circle divided into four quadrants: top-left (red), top-right (orange), bottom-left (green), and bottom-right (grey). Each quadrant is labeled "Persona" and has a small white box for a name. Surrounding the circle are four text boxes, each with the heading "Apoyo y cuidados que recibo" and three lines for notes. The boxes are color-coded to match the quadrants: red, orange, green, and grey.

**Personas a las que doy apoyo**

Apoyo y cuidados que brindo

Persona

Apoyo y cuidados que brindo

Persona

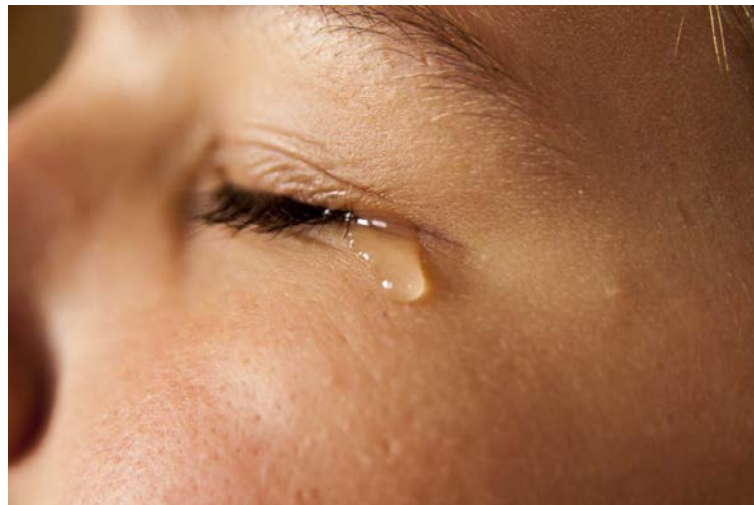
Apoyo y cuidados que brindo

Persona

Apoyo y cuidados que brindo

Persona

This form is titled "Personas a las que doy apoyo". It features a central circle divided into four quadrants: top-left (red), top-right (orange), bottom-left (green), and bottom-right (grey). Each quadrant is labeled "Persona" and has a small white box for a name. Surrounding the circle are four text boxes, each with the heading "Apoyo y cuidados que brindo" and three lines for notes. The boxes are color-coded to match the quadrants: red, orange, green, and grey.

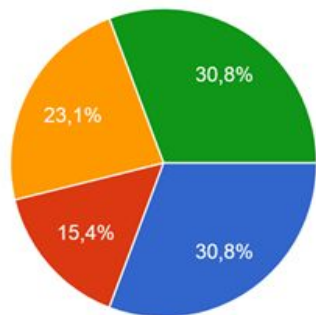




## *Semi structured Interview*



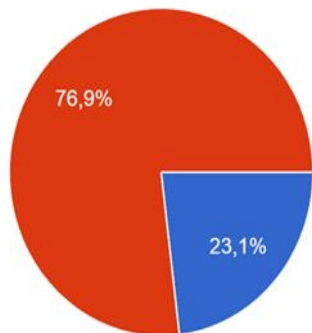
Por fines de calidad necesitamos saber a qué grupo perteneces para diseñar actividades que puedan adaptarse mejor para ti.



- Residentes
- Enfermer@s
- Médic@s
- Otros Sanitarios

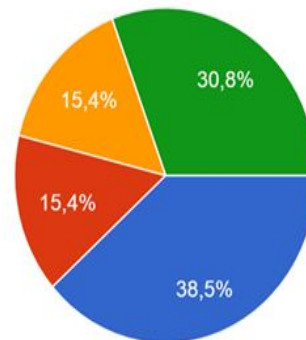


Sexo



- Masculino
- Femenino

Edad



- 20-30
- 31-40
- 41-50
- 51-60
- + 61

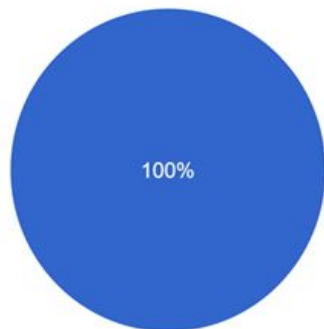
Sientes que esta actividad puede haber ayudado a disminuir tus niveles de estrés o Burnout?



● Si  
● No



Te gustaría que realizáramos más Sesiones sobre Medicina de Estilo de Vida para Sanitarios?



● Si  
● No



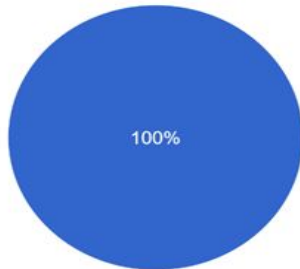
Consideras que has aprendido sobre como implementar La "Medicina de Estilo de Vida y generar mayor resiliencia"?



● Si  
● No



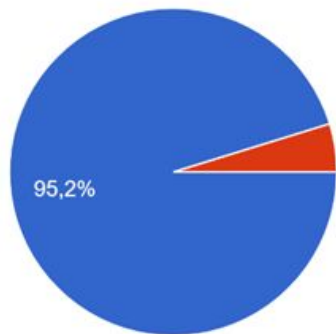
Consideras que calendario de iniciación al Bienestar Emocional y Físico te han dado herramientas para iniciarte en el cuidado emocional y físico?



● Si  
● No



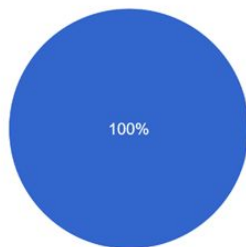
Consideras que estas intervenciones te han motivado a realizar pequeños cambios en tu vida que te aporten bienestar?



● Si  
● No



¿Recomendarías esta actividad a otro sanitario?



● Si  
● No

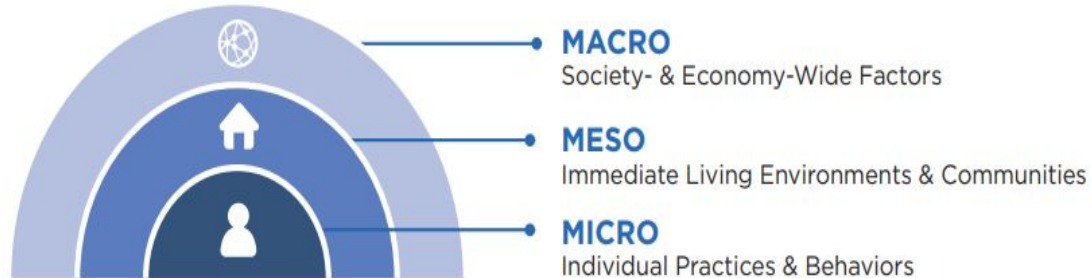




*Social Impact*

# *The Social Impact*

The **effect** on **communities** and **people** that can happen as the **result** of an **intervention** or non-intervention taken when **implementing** a policy, program, plan, or **project**.



Source: Global Wellness Institute

# 3 GOOD HEALTH AND WELL-BEING



# 4 QUALITY EDUCATION



# 8 DECENT WORK AND ECONOMIC GROWTH



Our project aligns its operations with *Social Development Goals* and create changes improving:

- *Education,*
- *Health*
- *Employment and economic growth.*



## Best health humanization work

Madrid, 13 de julio de 2023

Estimado/a amigo/a:

Me complace comunicarle que el Balneario de Ariño, 'Escuela de bienestar para sanitarios' es finalista a los Premios New Medical Economics 2023. En concreto en la categoría de 'Mejor labor de humanización sanitaria'.

Ahora la decisión está en manos de los lectores y el Consejo Editorial, que votarán por su favorito y elegirán al premiado de cada una de las categorías. El próximo mes de noviembre les informaremos de los resultados, y por tanto de si han sido uno de los ganadores.

Por favor, rogamos no den difusión a esta decisión hasta que no lo hagamos público nosotros a través de emailing, página web y Redes Sociales.

Muchas gracias,

Reciba un cordial saludo.



José Mª Martínez García  
Presidente Ejecutivo de *New Medical Economics*







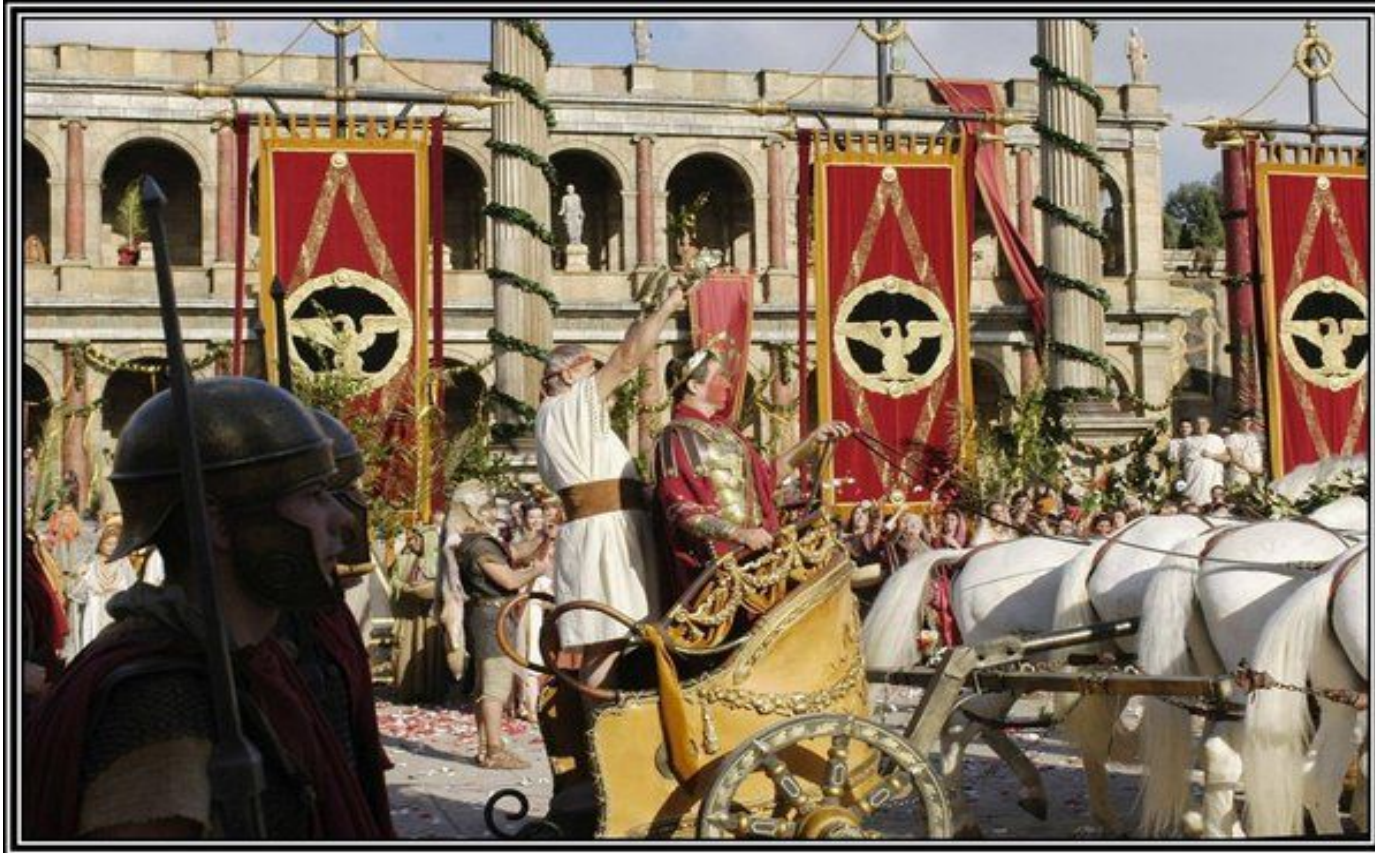
About *social impact*

## *Storytelling*

A very *effective* way of getting *qualitative insights* into the *social change* taking place through a social enterprise's *intervention*.

*It tells human stories behind the data points.*

*Memento mori*





Sometimes we  
just need to be  
reminded that

*we are  
human.*





Everyone has a story...



**5<sup>TH</sup> EUROPEAN LIFESTYLE MEDICINE CONGRESS**  
*Life is about water and medicine*

**NOVEMBER 10 - 12, 2023** Semmelweis University  
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## *One Word Personal Impact*

**summarize** what they keep  
with them from the  
intervention  
to **apply to their lives** and  
**work** to reach more  
**resilience.**

1. Cheer up
2. Self-knowledge
3. ***Self-esteem***
4. ***Wellbeing***
5. Care
6. Discovery
7. Team
8. ***Self-care***



9. ***Hope***
10. Interesting
11. Peace
12. Relax
13. ***Calm***
14. Tranquility
15. Vision
16. Vitality

*Even heroes have the right to bleed...*



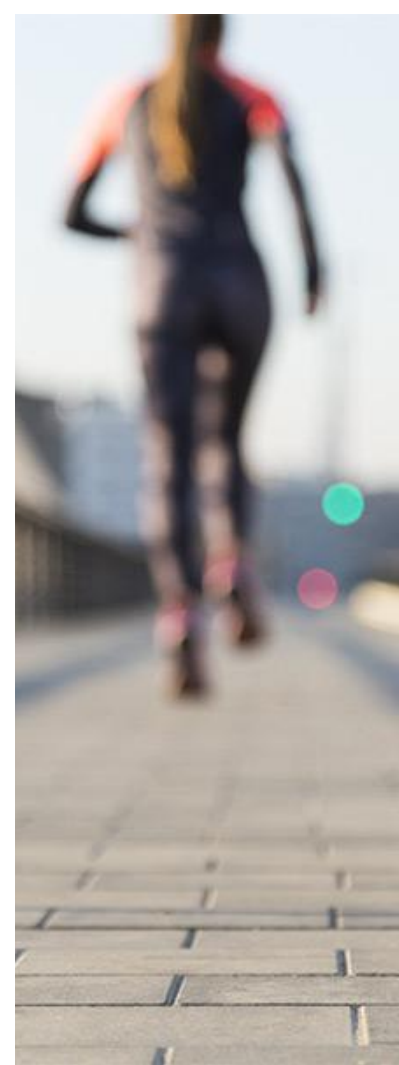


The human factor has shown that its strength lies in **BEING HUMAN** and having *compassion*.



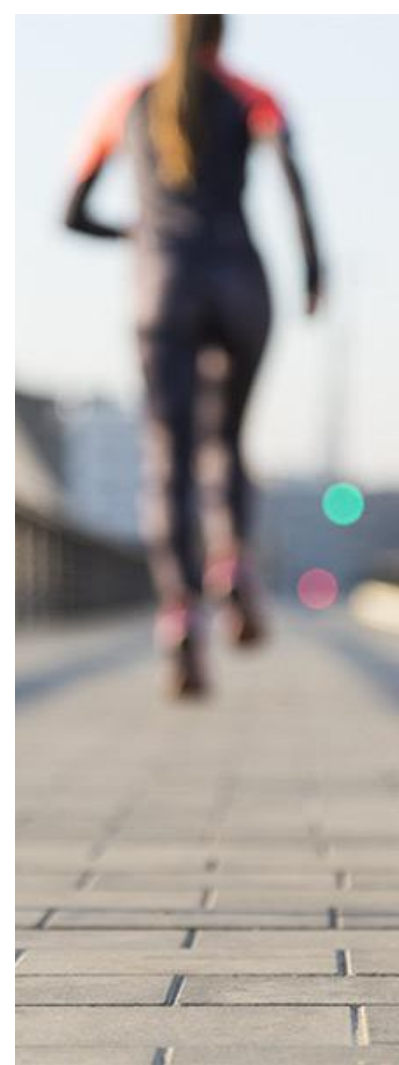






- Thank you, you *made us feel like people again.*
- Congratulations for the initiative, *it helped me a lot.*
- Thank you very much, the idea of working with health care workers *seems great to me.*
- Relax *with colleagues.*
- A *meeting place to exercise the body and calm the mind.*
- I love the talks at the beginning, covering necessary topics and *giving us another vision*, thank you.



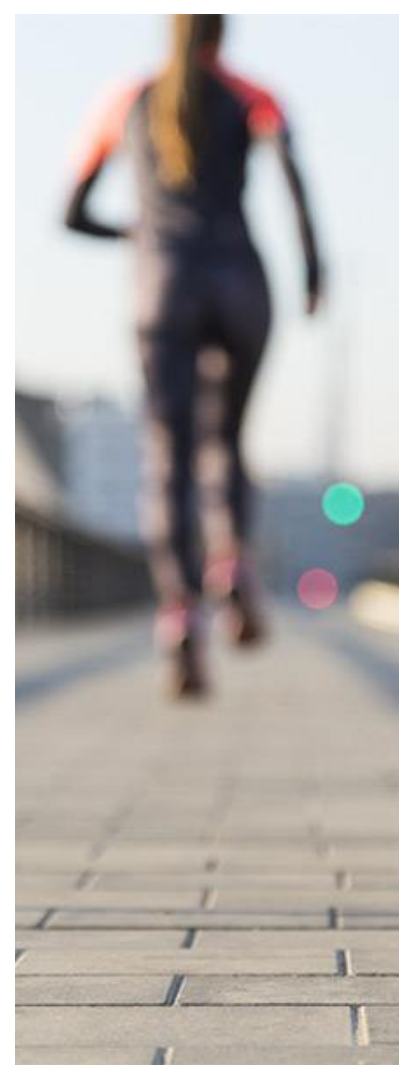


- ***Knowledge.***
- It has helped me ***disconnect.***
- relaxation and ***peace.***
- Very useful emotional therapy, ***it will help us on a daily basis.***
- the ***relaxation necessary*** in times of stress in our work.
- it has helped me a lot, to ***recognize*** that I need ***time and space*** for myself.
- realize the ***limit of stress*** in which I ***find myself.***





*Your wounds tell your story...*



- In my point of view, ***activate exercise and health.***
- It has ***helped*** me ***realize*** how much I ***needed to take care*** of myself, stop for a moment to dedicate ***time to myself,***
- ***Very gratefull.***
- It has ***made me happy*** to think that there is a group of healthcare workers ***motivated*** to want to ***help and encourage the rest*** of the healthcare professionals to ***take care of themselves.***







YOU ARE worthy  
loved enough



-“*Awareness of psychological and physical aspects of well-being.*”

-“I think it has *allowed me to get out of the routine*, to go with *colleagues* that I usually don't see.

-Provide me with *material and “force”* me to take a little time *to do cognitive exercises* that I wouldn't normally do.

-“Find *space for yourself.*”

-“A lot of *thinking about us* who have not stopped during the pandemic, and psychologically affected.”



**FIND  
YOUR  
PURPOSE**

---



- I appreciate that more and ***more people*** are talking about how ***important*** it is to ***take care*** of ***yourself.***”

-“***Disconnection*** and dedication to ***self-care***. ***Enhance*** the ***desire*** to ***take care of myself*** more.

-***Reduce stress*** and ***take a break*** from the routine.

-***Stop and think*** about the elements that take ***care of you*** and separate them from the toxic ones, such as stress, lack of sleep and poor diet.”

-“Very ***positive***”.

-“It has been a ***restorative experience.***”



*Empty your mind, be formless, Shapeless,  
like water.*

water can *flow* or it can *crash*.

*Be water*



**5<sup>TH</sup> EUROPEAN LIFESTYLE MEDICINE CONGRESS**  
*Life is about water and medicine*



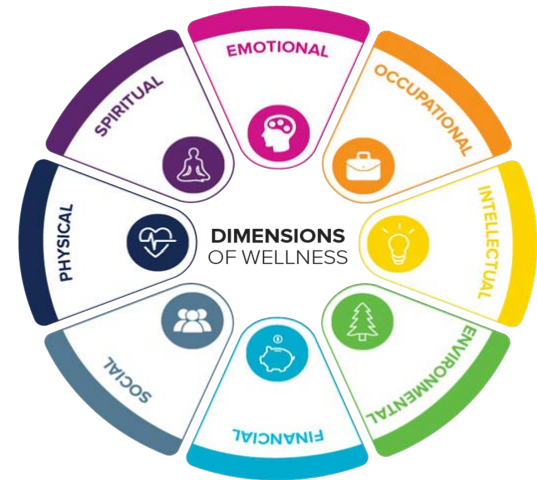
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# Heal.

*It is time to heal*

*Let's make it together...*





*Making a difference in the world is always important*

*No matter how **small** the effort is, social impact **impacts** everyone in many ways we may not realize.*

*this can lead to bigger and better changes.*

*-Thank you-*

*Contact info: [youisabellehils@gmail.com](mailto:youisabellehils@gmail.com)*



## Bibliografia.

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<https://www.medscape.com/slideshow/2021-lifestyle-burnout-6013456?faf=1#1>
2. **Navinés R, Olivé V, Fonseca F, Martín-Santos R. Work stress and resident burnout, before and during the COVID-19 pandemia: An up-date. Med Clin (Barc). 2021 Aug 13;157(3):130-140. English, Spanish. doi: 10.1016/j.medcli.2021.04.003. Epub 2021 May 6. PMID: 34083069; PMCID: PMC8101798.**
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5. **Anzaldúa A, Halpern J. Can Clinical Empathy Survive? Distress, Burnout, and Malignant Duty in the Age of Covid-19. Hastings Cent Rep. 2021 Jan;51(1):22-27. doi: 10.1002/hast.1216. PMID: 33630324; PMCID: PMC8013970**
6. **Oberg EB, Frank E. Physicians' health practices strongly influence patient health practices. J R Coll Physicians Edinb. 2009 Dec;39(4):290-1. doi: 10.4997/JRCPE.2009.422. PMID: 21152462; PMCID: PMC3058599.**
7. **Frank E, Breyan J, Elon L. Physician disclosure of healthy personal behaviors improves credibility and ability to motivate. Arch Fam Med. 2000 Mar;9(3):287-90. doi: 10.1001/archfami.9.3.287. PMID: 10728118**



# 5<sup>TH</sup> EUROPEAN LIFESTYLE MEDICINE CONGRESS

*Life is about water and medicine*

NOVEMBER  
10 - 12, 2023

Semmelweis University  
BUDAPEST, HUNGARY



*more info about our project*

- 1. Entrevista Rádio Aragón. Minuto 19:10
  - <https://www.cartv.es/aragonradio/podcast/emision/aragon-noticias-de-cerca-teruel-16-09-2022>
  - 2. Anuncio de la actividad; redes sociales.
  - <https://balneariodearino.com/jornadas-en-el-balneario-de-arino-sobre-burnout-y-estres-en-el-personal-sanitario/>
  - 3. Blog de salud del Balneario. •  
<https://balneariodearino.com/el-balneario-de-arino-pone-en-marcha-un-programa-pionero-en-aragon-para-reducir-el-estres-del-personal-sanitario-con-terapias-termales/>
  - 4. Periódico La Comarca. 23 de Septiembre 2022.
  - <https://www.lacomarca.net/balneario-arino-pone-marcha-programa-pionero-aragon-reducir-estres-personal-sanitario/>
  - 5. Anuncio de la actividad: redes sociales.
  - <https://balneariodearino.com/jornadas-en-el-balneario-de-arino-sobre-redes-de-apoyo-emocional/>
6. Entrevista informativos TV ARAGÓN



**5<sup>TH</sup>** EUROPEAN LIFESTYLE  
MEDICINE CONGRESS

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