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Balancing Clinical care and teaching: tips for finding the right balance

Expert: **Dr Assia Konsoulova**, National Cancer Hospital, Sofia, Bulgaria

Expert: **Dr Simona Volovat**, Medical Oncologist, Grigore T. Popa University of Medicine, Iasi, Romania

Discussant: **Dr Alexandru Eniu**, Medical Oncology Dept, HRC Hopital Riviera-Chablais, Rennaz, Switzerland

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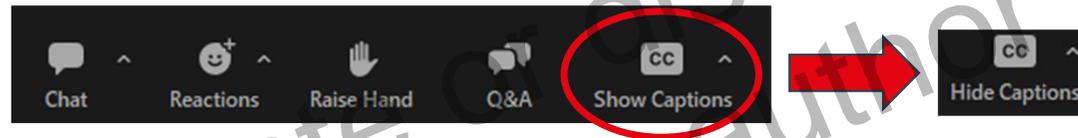


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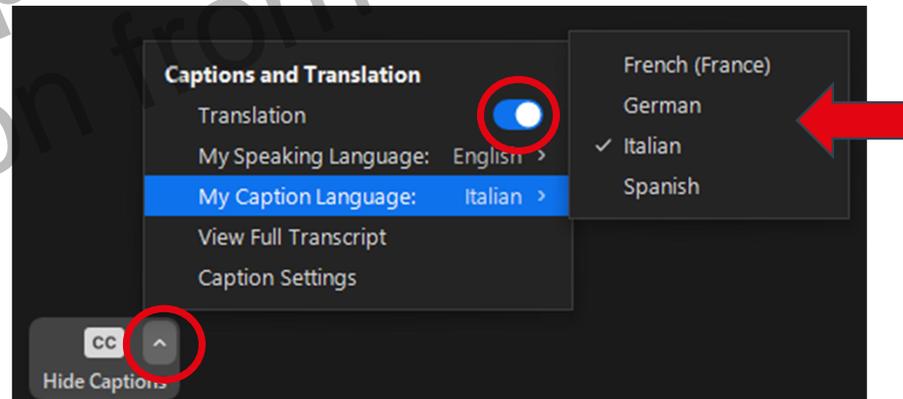
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Balancing Clinical care and teaching: tips for finding the right balance

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Theory

Practice

Patients
Family life

Patients
Students
Family life
Clinical research

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Challenges to be faced

- Long duration of required training
- Being permanently updated – for both patients and students
- Developing/ improving new skills - teaching
- Multitasking
- High educational debt
- Lack of optimal mentoring and role models
- Limited time available



What about the “elephant” in the room ?



Medscape Oncologist Lifestyle, Happiness & Burnout Report 2023: Contentment Amid Stress

How do you think about your job?

- The importance of a right mindset



JOB (emphasis on maximizing economic benefit)



CAREER (focus on your progression in career that includes status, recognition, position, power, economic rewards)



CALLING (work is meaningful and intrinsically fulfilling and is viewed in terms that transcend economic benefit)



Finding your motivation

- Promotion vs. prevention focused people
- Building a team: in the clinic and also among younger colleagues
- Prioritize tasks
- Set realistic goals
- Delegate

TRUST



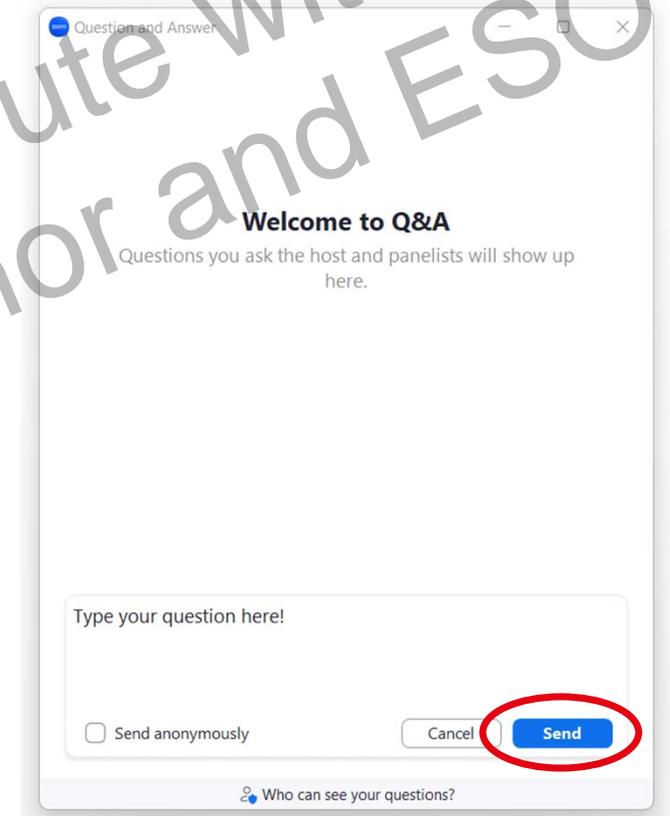


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Teaching skills

- Improve/ develop
- Finding the best method to offer an information
- Always staying up-to-date
- Involved in student's activities (conferences, articles, research etc.)
- Offering support when needed
- Being a mentor - building new perspective



Clinical care

- Highest emotional toll
- Always up-to-date (conferences, presentations, courses etc)
- Dealing with beaurocracy
- No ideal working environment
- Flexibility and a constructive mindset
- Create a team – younger colleagues, residents







Final tips

1. Time management: Prioritize tasks, set realistic goals, and create a study schedule that allows for regular breaks and leisure time.
2. Teamwork: Make sure you create a team around you.
3. Seek support: Build a strong support network of friends, family, and fellow students. Don't hesitate to seek help from mentors or counsellors if needed.
4. Boundaries: Learn to say no to additional commitments if they interfere with your well-being or studies.
5. Stress reducing strategies: what best fits for you.



Thank you!



Balancing Clinical care and teaching: tips for finding the right balance

Assia KONSOULOVA
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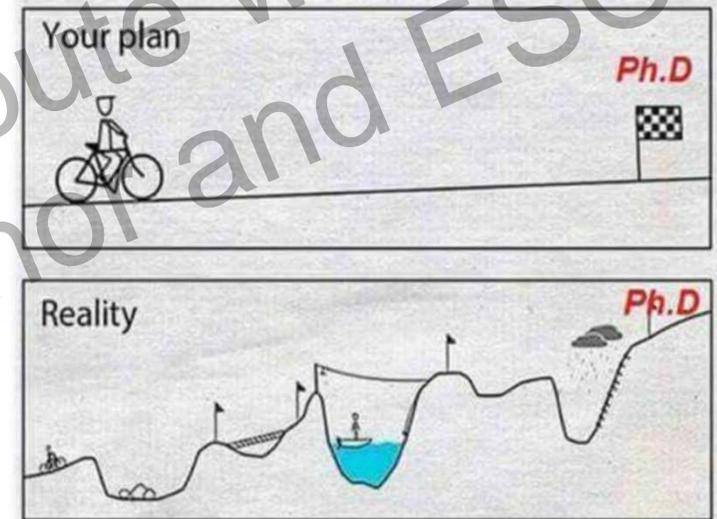
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It takes years to become a (good) doctor!

1. Finish high school
2. Get your bachelor's degree
3. Complete medical school (5-7 years)
4. Complete a residency (4-6 years)
5. Fellowships
6. A year for burnout recovery
7. A Phd thesis (???)

Ph.D.

Patiently hoping for a Degree
 Protein has Degraded
 Paid half what I Deserve
 Please hire, Desperate
 Pound head on Desk
 Pipetting hand Disease
 Probably heavily in Debt
 Parents have Doubts
 Permanent head Damage





Become a physician ...then work as a physician

- Hospital rounds
- Telephone calls and consultations
- Routine daily clinical duties
- Call backs and emergencies
- Paperwork
- Paperwork
- Paperwork
- Personal life – may be?

Media picture for a doctor:

- They take care of one or two patients at a time
- Have a ready answer for any question
- Play golf while teaching their younger colleagues what and how to do medicine
- Earn millions and sometimes regret for not having some rest



Daily life of a clinician

- Permanent multitasking
- Continuous learning
- How about teaching?
 - Students
 - Nurses
 - Residents
 - Co-workers
 - Your boss?
- 8-10 hours
- 2-4 hours
- 2-3 hours + preparation?



about teaching?

Source of picture: <https://womensbrainhealth.org/think-tank/think-twice/why-womens-brains-are-better-than-mens-at-multitasking>



How to cope to do 24 work a day in 10 hour day?

- Like what you do
- Stay motivated
- Have regular small and bigger breaks
- Find similar (crazy) people like you
- Share success stories
- Get better in what you do!
- Transfer knowledge in any direction
- Be flexible
- Become antifragile 😊



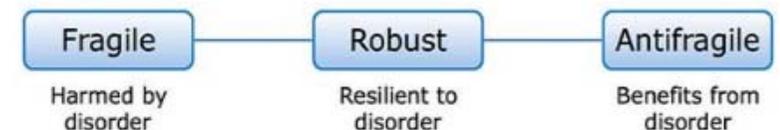
Become antifragile



- The best way to be prepared for Black Swans is to understand and develop the qualities of antifragility.

Antifragility is the quality of something that gets better, or thrives, in the presence of disorder.

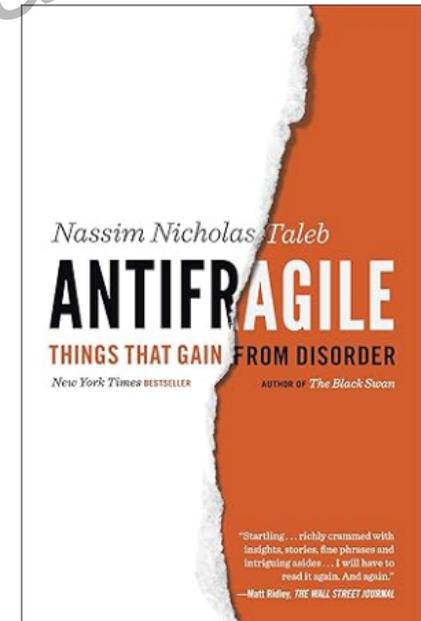
- A good example of something that is antifragile is the body's immune system which when exposed to a low dose of a virus such as Covid 19 and its variants the body's immune system starts to develop an ability to fight it.
- *The resilient resists shocks and stays the same; the antifragile gets better*
- living in a Black Swan world





To balance better:

- human bones get stronger when subjected to stress and tension
- rumors intensify when someone tries to repress them





To balance:

- The balanced life is one where you recognise the full spectrum of possible responses and choose the right one for the situation you find yourself in.
- To teach – you have to learn



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Leadership Spectrum – it helps

- At one of this spectrum is a leadership style that is 100% task oriented - we could call this "Command and Control" - which means I give the orders and say jump - and you say: *"Yes Sir, how high?"*
- The other end of the spectrum is 100% focused on affiliation - we could call this "Consensus" - which is about inclusion and collaboration and paying attention to the other party's feelings and opinions - which means I ask: *"How do you feel about that, what is your view?"*

Leadership programs

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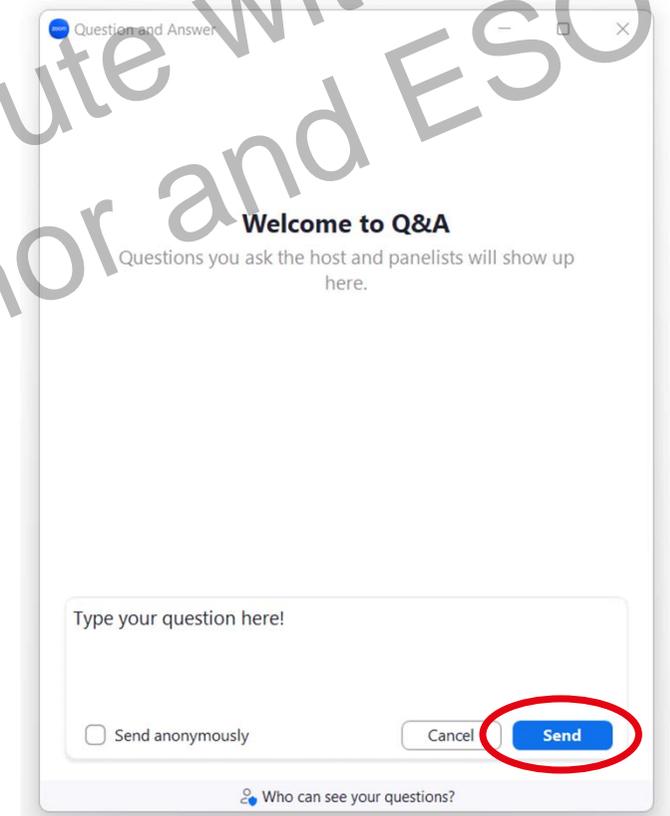
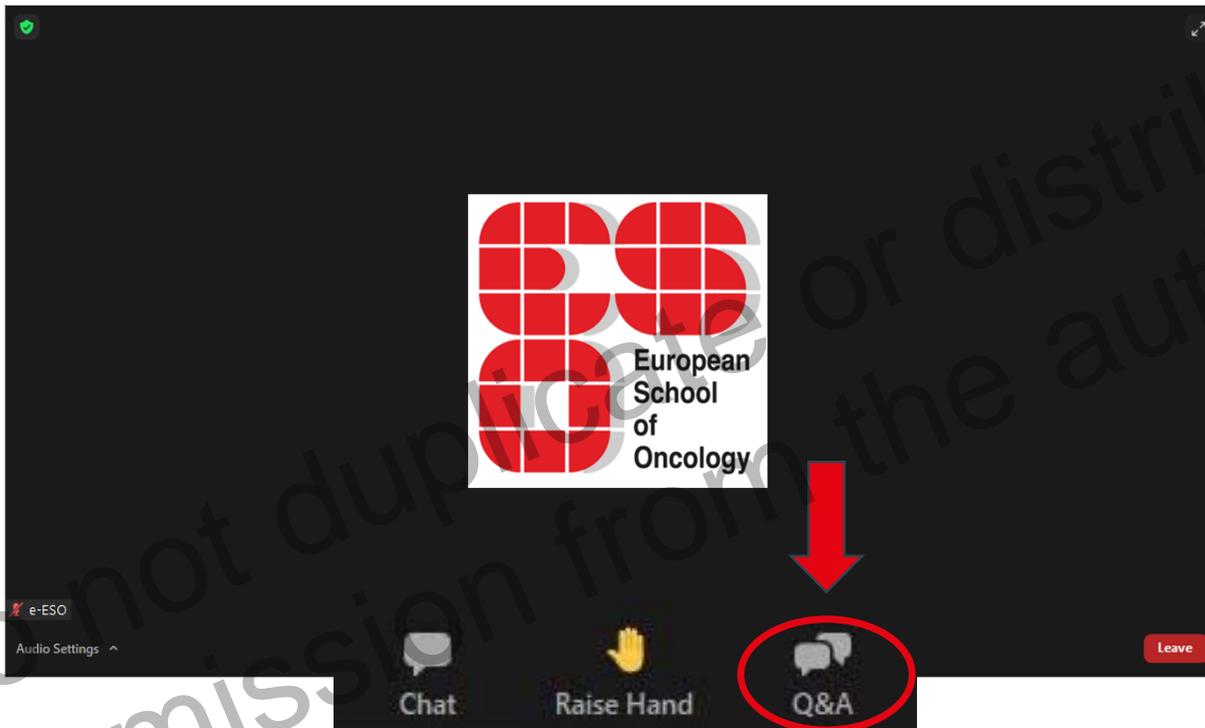


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- Miracles start to happen when you give as much energy to your dreams as you do to your fears.
- My goal is to build a life I don't need a vacation from
- You are allowed to be both a masterpiece and a work in progress simultaneously
- Slowing down is sometimes the best way to speed up.
- Balance is not something you find, it's something you create
- Edit your life frequently and ruthlessly. It's your masterpiece after all

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Series and films

- evidence that the integration of films and series into undergraduate medical education represents a highly valuable pedagogical tool for this very purpose.
- Series: the most frequently utilized *ER* (1994), *House MD*, and *Grey's Anatomy* (2005-),
- Inclusion of films and series in lessons ignites student's interest, enhances motivation, focus, and entertainment value.
- Furthermore, when compared to traditional seminars based on lecturers' explanations, students perceive that they learn more
- There is always significant class discussions following the depicted scenes, considered vital for effective learning
- interacting with real patients or participating in bedside rounds is beneficial for learning



Series and films in teaching

Using movies to teach professionalism to medical students

- Not only medical information to retain
- Improve understanding of what professionalism is, communication, empathy, doctors' personal interests and palliative care.
- Encourages discussion and reflection upon perspective and opinion

Klemenc-Ketis, Z., Kersnik, J. Using movies to teach professionalism to medical students. *BMC Med Educ* **11**, 60 (2011). <https://doi.org/10.1186/1472-6920-11-60>

Rueb, M., Siebeck, M., Rehfuess, E.A. *et al.* Cinemeducation in medicine: a mixed methods study on students' motivations and benefits. *BMC Med Educ* **22**, 172 (2022).



Learning while teaching

- Continuous medical education (educational bubbles – conferences, seminars, courses)
- Discussion is important – allocate time for discussion at every event
- Create a summary of new information and report to colleagues / students
- Gain experience in real life
- Remain critical
- We all remember our best and the worst teachers
- We often remember what our teacher taught us



Phenotypic differences between male physicians, surgeons, and film stars: comparative study

- Compare physicians and actors who play physicians on screen
- **Objectives** to compare both sets of doctors with film stars who play doctors on screen.
- **Setting** Typical university hospital in Spain, located in Barcelona and not in a sleepy backwater.
- **Participants** Random sample of 12 surgeons and 12 physicians plus 4 external controls (film stars who play doctors), matched by age (50s) and sex (all male).
- **Interventions** An independent committee (all female) evaluated the “good looking score” (range 1-7).
- **Main outcome measures** Height (cm) and points on the good looking score.
- **Results** Surgeons were significantly taller than physicians (mean height 179.4 v 172.6 cm; $P=0.01$). Controls had significantly higher good looking scores than surgeons (mean score 5.96 v 4.39; difference between means 1.57, 95% confidence interval 0.69 to 2.45; $P=0.013$) and physicians (5.96 v 3.65; 2.31, 1.58 to 3.04; $P=0.003$). Surgeons had significantly higher good looking scores than physicians (4.39 v 3.65; 0.74; 0.25 to 1.23; $P=0.010$).
- **Conclusions** Male surgeons are taller and better looking than physicians, but film stars who play doctors on screen are better looking than both these groups of doctors. Whether these phenotypic differences are genetic or environmental is unclear.

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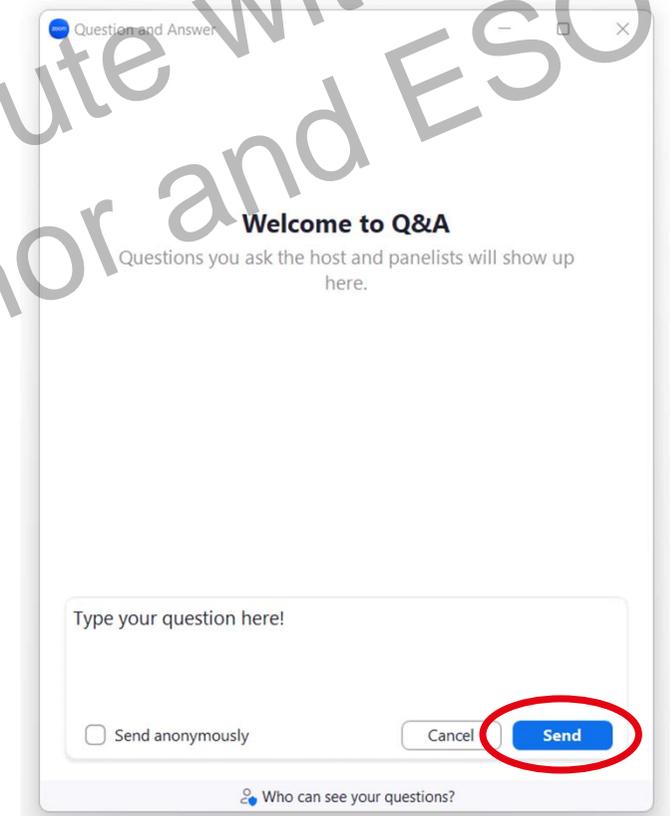
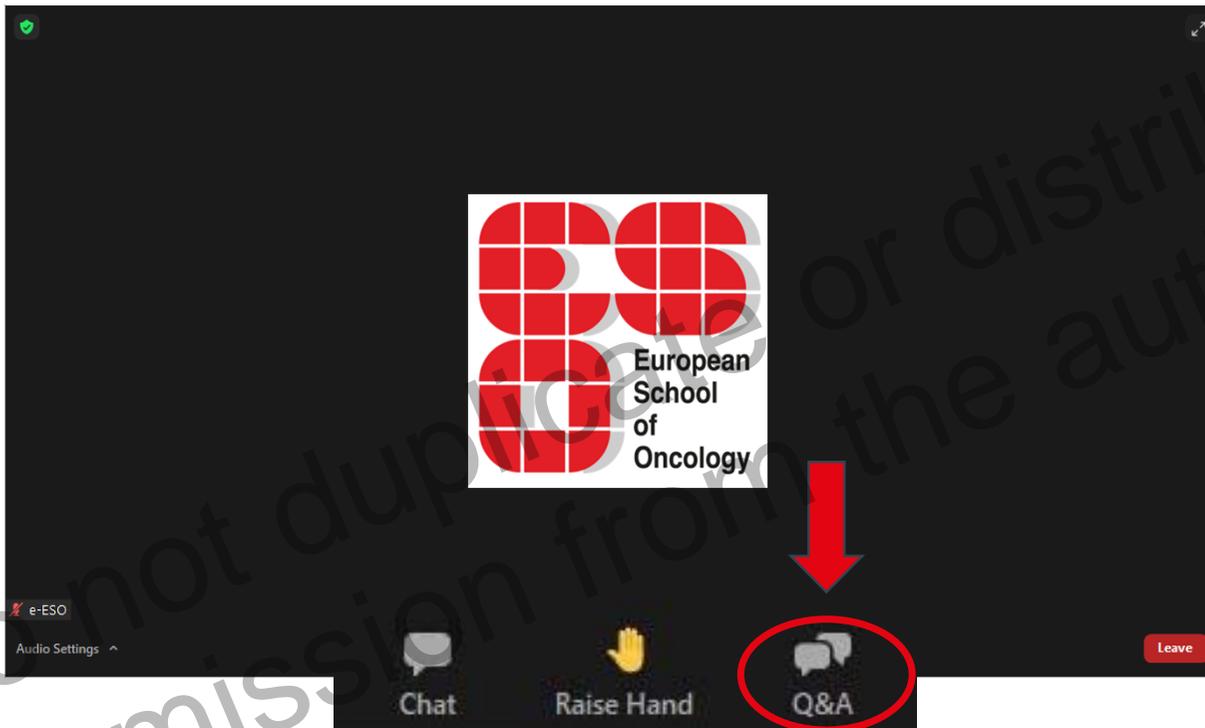


e-Session

Question & Answer Session

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The next e-ESO Session

will take place on 25th January 2024, at the same time

Highlights of Advanced Breast Cancer – Seventh International Consensus Conference (ABC7)

Expert: **Dr Fatima Cardoso**, Medical Oncologist, Champalimaud Clinical Center, Lisbon, Portugal

Discussant: **Dr Alexandru Eniu**, Medical Oncology Dept, HRC Hopital Riviera-Chablais Rennaz, Switzerland

Thank you!

for participating in this

e-session

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