

## **Chair**

### **Holden, Council, Conference of LMCs, West Derbyshire**

#### **Dol**

1. Stressed anxious no day off from 19/11/2019 to 22/03/2022
2. Having counselling for anxiety

Last year the GMC National Training Survey indicated that 1/3<sup>rd</sup> of trainees felt burned out.

If any of us think that they have not come through the past 28 months without ANY degree moral injury to themselves then they must be a robot!

All sentient human beings have been impacted by pandemic but as clinicians we have witnessed terrible events which we never thought we would see and of which the public cannot conceive. As a group we are damaged.

That damage is being compounded by politically encouraged public demand for NHS services for which we are too short staffed to meet and consequently we, and our support staff, are bearing the anger of patients' and their families whose disappointment is reflected in aggression towards us.

To deal with the pandemic, we have embraced technology, opening new channels of access to patients who routinely expect a now, now,

now immediate response of an Amazon Prime Doctor service which we can't deliver **and should not attempt to deliver.**

The result is **AT THE END OF A FULLY BOOKED WORKING DAY** now we are facing upwards of 30 emails/tasks/messages and other requests to be processed now - before we go home – not at our next admin session.

The next day we are getting “I emailed/texted you at 9pm last night why haven't I had a response” queries.

- **Doctors are not Outlook Jockeys**
- **Doctors are not automatons**
- **Doctors are not political soundbite fodder**

We are human beings with feelings, failings, friends and the need of a family and social life **JUST LIKE EVERYONE ELSE**

Our essential clinical work is naturally away from a computer screen and email messaging

Our already very full working day is

- being extended by stealth through technology
- by abuse of our goodwill
- by fear of GMC retribution for failing to attend to a patient
- by GMC rules which penalise us for failing to act upon information or results of events which we did not initiate

- by threat of contract breach action for a contract which is increasingly no longer doable

We need time **like everyone else** to recover and recuperate and **MUST** move away from the **Work Sleep Work Sleep Repeat** treadmill of the pandemic.

The “Always on” culture has been shown to lead to increased risk of depression, anxiety and suicide

In Europe the concept of a **RIGHT TO DISCONNECT** is **taking hold** and being legislated for and has 3 key rights

1. the right not to have to routinely perform work outside their normal working hours.
2. The right not to be penalised for refusing to attend work matters outside of normal working hours
3. The duty to respect another person’s right to disconnect for example by not routinely emailing or calling outside normal working

This gives people the entitlement to switch off their devices.

In the UK the government has no plans to make such a right a legal requirement, or produce a code of practice

This is yet another benefit of the “pile it high sell em cheap” Singapore on Thames approach of this bankrupt, Brexit, slave driving government

**Please support unanimously**

**I MOVE**