

Treating a health professional with mental health issues

Please follow [this link](https://bit.ly/3fVVw8L) to view the video case study. If the hyperlink doesn't work, please copy and paste this link in to your browser bit.ly/3fVVw8L.

Video Summary

A young doctor presents at his GP after experiencing a panic attack at work, on a recent round at the hospital.

During the consult his GP asks about the patient's history and the young doctor reveals that in the past – including in medical school - he buried himself in his study and as a result he did very well academically. The young doctor says of his family; his Mum is obsessive and a worrier. She worries about the world and often says, "don't do that you'll hurt yourself". His father died when he was eleven in a road accident.

Since he has started working, the young doctor has found himself feeling very anxious, especially during rounds. This culminated recently in a panic attack when he was asked to do a presentation during a recent round.

The young doctor describes feelings of uncertainty and being unsure of himself, he also explains his feelings are hard for him to articulate. He is able to pinpoint a moment when things changed for him in year nine when his best mate left the school. The young

doctor retreated to the library and threw himself into study. Again, he did well academically.

He says the feelings are getting worse now - he is starting to avoid people and sometimes does this by taking the stairs rather than the lift at the hospital. He is always anxious, especially at the thought of people critiquing him. He keeps to himself at work by looking at scans and x-rays while dreading the thought of someone talking to him. He finds himself getting very sweaty and he has had many panic attacks.

In the last few weeks, the young doctor's mood has been ok. He is not suicidal but everything is an effort – he says he doesn't want to quit, he just doesn't know what to do.