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How can we overcome the challenges of being a GP woman in Romania

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Objectives: The symposium aims to identify the main resources and strategies to cope with risk factors affecting women GPs in Romania.

Methods:

- Reviewing and describing the data about the magnitude of burnout syndrome among health care providers;
- Reviewing and describing the data regarding the prevention and recovering from the burnout syndrome among health care providers with special target on GPs and primary care doctors;
- Exploring the actual health and well-being services available in Romania for the burnout syndrome prevention and treatment for GPs women;

Results:

- GPs women are more prone to burnout syndrome than men;
- Lack of women health care providers organizations or dedicated department for women in the already existing health professional associations to promote women's health and well-being;
- Lack of the data reports about the standardized medical and non-medical aid for women healthcare providers or women GPs in distress; imbalance in between the urban and rural resources for prevention and treatment of the burnout syndrome;

Conclusions: Romanian GP women need to open the discussion about the challenges of their profession. They should start to reflect on the impact these factors have on their health and professional life. They have to find strategies which can promote the specific help in order to prevent and overcome the negative impact of these challenges to be fruitful both in their personal and professional lives..

Scientific References:

1.<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3929077/>

2.<http://www.globalfamilydoctor.com/site/DefaultSite/filesystem/documents/Groups/wwpwm/monograph%202008.pdf>

3.http://www.researchgate.net/publication/222495735_Prevention_of_burnout_New_perspectives