PHYSICIAN STRESS AND ITS SEQUELLAE

There is something in the psychologic makeup of the physician which produces a sense of detachment from the problems and difficulties of people in general. It could be that seeing a multitude of patients over the years with the varying problems and illnesses which they manifest sets the physician apart from suffering humanity. It is almost never that he becomes ill and if he does he is apt to ignore the symptoms to self treat and as runners do—"run through the pain." Couple this with the fact of competitiveness and relative lack of emotional support from colleagues, family and friends and the stage becomes set for major sequellae. Over the time of one's practice life the physician becomes greatly fatigued. The doctor who works sixty hours a week is working too hard and enters a state of increasing chronic fatigue. If at this point he is presented a subpoena and is sued—even a nuisance law suit—or is brought before an ad hoc committee of the hospital staff for some reason, he may reach the breaking point.

How much of a load of care one can take varies from individual to individual. In women physicians the suicide rate in a study by Carlson & Miller (American Journal Psychiatry 138,10, October 1981) was more than triple that of the general female population over age 25. Is this a reflection that women doctors are not able to carry the load of tribulation as well as their male counterparts: Are they perhaps more sensitive, more caring?

Dr. Melville O. Vincent, writing in the Psychiatric Journal of the University of Ottawa—September 1983, Vol. 8, No. 3, suggests that physicians who fall victim to excessive stress may in general have had an unstable childhood and adolescent environment. This may create what he terms the "insecure physician" who is vulnerable to the occupational hazards of medical practice. He may demonstrate an excessive need to be needed, an excessive personal requirement to be valued, an excessive need to be appreciated—to be loved—to be accepted. Such physicians are most likely to be workaholics with progressively insufficient time for spouse, family, personal fitness, for relaxation and solitude. Keeping up with Medicine may suffer and extra medical cultural and spiritual interests may not be part of the physician's life.

What happens when the load of care gets too great to bear? In a number of studies one finds that various avenues of escape develop—alcohol dependency, drug dependency, marriage conflicts and suicide. In his excellent paper, Vincent points out that the most common pathway to suicide is a feeling of hopelessness.
He states that if one does not have a positive faith and philosophy when one is surrounded by disease, suffering and despair, hopelessness ensues. Hopelessness and depression can lead to suicide. This is no small problem, suicide ranking third as a cause of death in Europe and fifth in the United States. In the United States as a whole, 400,000 suicides are attempted per year, 28,000 successfully (McDermott W. Am. J. Med. 1981, 70:833-43). In a letter to the editor of the British Medical Journal (Vol. 281 (6223) 2 Aug., 1980) Dr. Isaak Lakinofsky states, "There is clear evidence of an occupational hazard of suicide in doctors and their wives."

Various solutions to the problems have been set forth, including career counselling prior to medical school, admissions procedures to detect vulnerability and efforts to teach medical students how to cope with later professional stresses. The problem is, I believe, unanswerable except through a return to traditional spiritual values. If man is just an intellectual animal, what does it matter if he destroys his life—or anyone else's? Humanist Medicine (which we have in America) should reflect upon the Humanist Manifesto II (1973) where it is stated that a full range of civil liberties includes a "recognition of an individual's right to die with dignity, euthanasia, and the right to suicide." Humanism in Medicine if allowed to continue unabated will result in more suicide and increasing chaos in the profession. A turning toward New Testament, Jesus centered and Holy Spirit empowered spirituality; to moral medicine, to brotherly love and mutual caring and support of one another, would change the milieu of Modern Medicine to make practice more life-giving and life-preserving. The human being is a spiritual being, Viktor Frankl states that the Spirit is what makes us human and this is certainly true. If life and hope, joy and peace are products of spirituality, why does Medicine which demonstrates clear evidence of a hazard of suicide—as well as alcoholism and drug abuse—not consider spiritual measures to treat the problem? The Committees on Religion and Medicine (county/state/national) should be re instituted. Prepar adinal alcohol should be eliminated prior to Medical gatherings, as well as all social functions. In a society uniquely blessed by God, should there not be prayer before Medical Society meals? When a colleague dies, instead of standing for a second of silence should there not be prayer? The physician should be unashamed to pray with his patients and should be willing to demonstrate to nurses, residents and medical students and his patients that he believes in a power greater then himself. Self confidence, self esteem, and self aggrandizement and self indulgence lead to burn out and tragic sequellae. Has the time come to rediscover the triune God and His love before the next example of self failure shockingly strikes our medical consciousness?

Christian Medical Foundation in Tampa is a beautiful place for physicians, their spouses and families, for nurses and clergy to come for counsel and help if "burn-out" is threatening. Call us. Come to Tampa. Your CMF is here to help.

William Franklin Reed MD

The following excerpted from FAC-Sheet #43 of the Plymouth Rock Foundation per permission of Rus Walton:

There is a balm, a refuge, for the heavy heart and desperate soul. Come, said Jesus, "Come unto Me, all you that labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me: for I am meek and lowly in heart: and ye shall find rest unto your souls" (Matt. 11:28-30). In an uncaring world, it is Christ Who heals, Christ Who cares, Christ Who heals. It is He Who can transform a death wish into a joyous song for life. Christ is indeed the answer — yes, even for those bent on suicide. And, if we are His, it is our task to bring the wounded, the sick, the despairing, the desperate — to bring them to Him and, as He does, give them love and understanding.

Thus we return to the sins of the "modern church." A watered-down religion, devoid of the healing power of the Blood of the Lamb, is not sufficient unto the tasks and pressures of the times. A religion that preaches self-centeredness rather than Christ-centered, that teaches self-satisfaction rather than self-denial, that teaches psychology rather than theology, is conformed to this world. Such a religion is based on the word of man rather than the Word of God. It is more in tune and in step with "pop" psychology than it is with the saving power and love and truth of the triune God. It is, in fact, a pagan religion...the offspring of humanism. Devoid of the Kingdom Gospel, lacking Christ's great mandate, oblivious to God's laws for life—easy pickings for a wily satan, and an abomination before the sight of God.

In such a religion there is no healing, no power to transform, no power to reform, no power to save. No power to offer "a life of hope through the resurrection of Jesus Christ" (1 Peter 1:3); no power to inspire, to repent and sustain reformation through the Holy Ghost.
FINANCIAL REPORT

The United States Postal Service (not an agency of the Federal Government) has raised bulk mail rates from $.06 per newsletter in December 1985 to $.087 per letter in March '86. This means that it costs $1300 to send out 15,000 newsletters.

Add to this, rising insurance, power, telephone and printing costs and $11,200.00 in monthly CMF salaries.

Since January, giving to CMF has dropped markedly. Of approximately 5,000 physicians and dentists in CMF—only 40 to 50 give with any degree of regularity. Sixty to Seventy percent of the cost of running CMF comes from nurses, clergy and laypeople who believe in this unique work. The solution lies in more people including physicians giving. Also those who do give could increase their giving by 25%.

As a Holy Spirit led and supported Christian work CMF does not charge dues, take up offerings or charge for the newsletter or for counseling. Others may—we cannot and will not. This is not begging for support. When God's people know the facts, they give.

(Our annual audit will soon be available to any donor who requests it.)

YOUR WILL

Periodically at rather infrequent intervals someone is inspired to mention CMF in his will. Why don't you add a codicil to your will leaving a gift to this most worthy healing endeavor? Someone could even make the Bethesda Center possible. Please pray concerning this most important matter of stewardship.

BOOK OFFER

To continue with our suggestions of books on parenting we recommend "The First Three Years of School, A Survivor's Guide" by Cliff Schimmels. Mr. Schimmels lays the groundwork you need to prepare your child for the beginning of his school years. You'll appreciate his numerous suggestions as well as his humor and ability to see things from the child's perspective. Please include $5.95 plus $2.00 for postage and handling.

In "You And Your Child's Problems-How To Understand And Solve Them," by Grace H. Ketteman, M.D., Dr. Ketteman gives us sound medical wisdom combined with Biblical principles and professional counsel for treating your child's physical, mental, emotional and behavioral problems. Some of the topics discussed are helping a child adjust to a move, hyperactive children, the learning disabled child, the gifted child, child of divorce, the adopted child. This hardback book is $12.95 plus $3.00 postage and handling.

TAPE OFFER

Recently, Rev. Joseph C. Morecraft III gave a wonderful presentation at a CMF meeting on "Humanism in Medicine-In Society-The Great Imposter." Rev. Morecraft believes the decade of the 80's will be shown to be the most critical era in the history of this republic. Decisions are being made and will be made over the next few years that will shape the direction of our country, our children and grandchildren and the rest of the world for a long time to come." To order this challenging tape please send $4.00 plus $2.00 postage and handling.

FOR PHYSICIANS: Dr. Reed suggests the stunning testimony of Howard Thomas, M.D. "The Impaired Physician." The witness of this man of God will enable you to minister to your colleague suffering impairment due to addiction. Please send $4.00 plus $2.00 postage and handling.

Yes, I would like to help Christian Medical Foundation proclaim the new Spiritual Medicine. Please find enclosed my donation for:

$10.00 $50.00 $1,000.00
$25.00 $100.00 Other $

I would like this donation to contribute towards:

a) General Expenses b) Bethesda Center Construction
b) West Bank Land d) Littlest Angel Renovation

Christian Medical Foundation
7522 North Himes Avenue
Tampa, Florida 33614

Yes, I would like to order:

books(s) titled

Enclosed is $ for entire order, which includes

$2.00 (or $3.00) for postage and handling each book and/or

$2.00 for postage and handling each tape.
POSITIONS AVAILABLE/DESIRED

Family Practitioner to join two other Family Practitioners at:
Joy Valley Christian Medical Center
Petoskey, Michigan 49770
616/347 5161 or 347 6078
Dr. Hotchkiss or Dr. Patton

V.P. Program Development—Psychiatrist—Established J.C.A.H. accredited addictive disorder treatment center is seeking an experienced psychiatrist to design, develop, implement and maintain programs for the treatment of food and chemical dependencies.

This division is slated for additional centers in the near future. The V.P. Program Development will have an integral position for the direction of the expansion project. Comprehensive benefit and salary program offered.
Please respond to: Christian Medical Foundation Int'l.

Experienced Spirit-filled psychiatrist—clinician, teacher and author—with Atlanta-based practice desires relocation to coastal area of NC, SC, GA in Op and/or Ip-based practice. Contact: Robert L. McDonald, M.D., P.C.
3390 Peachtree Road
Atlanta, GA 30326 404/261 0616

ENT Specialist, no surgery, age 71, 40 years experience, desirous of limiting practice to 25 hours per week in Pennsylvania, or in any southern state.
Contact: George S. Zakhary, M.D., F.A.C.S.
300 South Centre St.
Pottsville, PA 17901 717/622 3731

Dr. Buddy Kennedy, Texas Regional host, confers with Dr. David Anderson, conference speaker on ethics.

THE MINISTRY OF MEDICINE

Dr. David Vause of Blanco, Texas, discusses his talk with Dr. Marsha Maybury of Irving, Texas while little Esther waits.
MAY 19 AND 20  GAINESVILLE, FLORIDA

Dr. Reed noon University Center Winner's Circle (Gainesville Leadership Luncheon)
6:30 p.m. Gainesville FGBMFI

MAY 20th Shands Teaching Hospital speaking to the Christian Medical Society
Contact: David Cox 904/375 0266

MAY 24  DAYTONA, FLORIDA

CMF monthly meeting at 7:30 p.m. First Presbyterian Church 620 S. Grandview Ave.
Contact: CMF in Tampa 813/932 3688

JUNE 3  SEBRING, FLORIDA

Dr. Reed FGBMFI 6:30 p.m. Kenilworth Hotel and Restaurant
Contact: Dr. Faust 813/385 7382

JUNE 19  TULSA, OKLAHOMA

Dr. Reed FGBMFI 6:30 p.m. Excelsior Hotel, 616 W Seventh
Contact: F. Don Hall 918/493 7091

JUNE 22 - 27  BELMONT, NORTH CAROLINA

Dr. and Kay CFO Camp Sacred Heart College (10 miles west of Charlotte on highway 74 at Belmont, N.C.) 704/825 9990
Contact: Helen Wishart 803/233 0684

EVERY TUESDAY Women's Auxiliary Bible Study with Kay Reed at 10:00 a.m.
Dr. Reed at 1:00 p.m. a clinical correlation of the Gospel and healing service.
At Christian Medical Foundation 7522 North Himes Avenue TAMPA, FL 813/932 3688

Letters

excerpted from a recent letter to the Shoals chapter of the Order of St. Luke, Sheffield, Alabama......

"I received your announcement of the upcoming regional conference. I was pleased to read that Dr. William S. Reed and his wife would be coming back. I have a funny story of how God used Dr. and Mrs. Reed and the Order of St. Luke in my life when they were here in 1980. I came to that meeting because I thought it was a seminar on mental and physical health...I wasn't searching for God at all, as a matter of fact I didn't believe there was a God or if there was one He wasn't in the caring business. Church to me was a place that you went to seminars and had weddings and Christmas services, a social outlet so to speak. Well, God slipped up on my 'blind side' that weekend and introduced me to His Son. On October 1, 1980 I gave my life to Jesus. Later my Mother was saved, 3 of my children and many of my friends. God is doing wonderful things, I just thought you would like to know.

I will come to your seminar this time, however, I will hear it with different ears, see it with different eyes and receive it with a different heart."

Yours in Christ,
Linda Scott
Florence, Alabama
Dear Friends of the Littlest Angel,

Spring is in full bloom and so is the Littlest Angel... brimming to overflowing with beautiful new items.

Our spring silks are as beautiful as you will find, a full line of Origami mugs, trays and telephone books, and accessories. Also angels galore, kitchen angels, nurse angels, get well angels, diet angels... all to be hung in that favorite place in your kitchen. They average ten to fifteen dollars. If you would like us to select one for you let us know, we will be happy to send it on to you.

Our renovation fund for the little antique house to be used for the L/A is now $6,300.00. Only nine thousand to go! If you have not ordered your leaded stained glass angel, do so today. A one hundred dollar gift to the L/A for its Renovation Project, and we will send you a very beautiful angel. She will grace your home and be a reminder to pray for CMF.

Already new air conditioning and electrical work for the renovation has been offered as a donation. We still need a plumber to help us but that too will come. We are about to get bids for the interior finishing. Our goal is to have the shop completed for the '86 Dr.'s Conference.

The shop's purpose is to help with CMF running expenses, so to help the L/A is to help CMF. Won't you be a part?

Love, Kay

CHRISTIAN MEDICAL FOUNDATION INTERNATIONAL, INC.
7522 N. Himes Avenue
Tampa, Florida 33614

Address Correction Requested
5/86, 6/86