

Coping strategies

[Exploratory research](#) is needed to be performed among [residents](#) to detect depressive symptoms and [burnout syndrome](#), to act in a timely manner, and prevent the progression of these diseases ¹⁾.

Surgical [trainees](#) are often subject to the negative consequences of [medical error](#), and it is, therefore, important to determine how [trainees](#) cope with [error](#) and to find ways of supporting trainees when catastrophic [events](#) occur. It is very important to provide support for the emotional needs of surgical trainees who have experienced catastrophic surgical errors and the continued need for [mentoring](#) by staff surgeons. ²⁾.

The aim of the study was to explore family medicine [residents](#)' and final-year medical students' [emotions](#) during their [clinical training](#).

This [qualitative study](#) was performed with 15 family medicine residents and 24 final-year medical students using a convenience sample from two medical faculties to explore and analyze their emotions. Data were gathered by means of focus group [interviews](#), including six interviews conducted and recorded through [online meetings](#). Data were analyzed for themes using a thematic analysis approach. Since the interviews reached saturation in terms of content, the interviews were terminated at the end of the sixth focus group meeting. Each interview took an average of 45-60 min.

Three main themes emerged from the data regarding residents' and interns' emotions. These were the “[clinical climate](#)'s role”, “[emotions during patient encounters](#)” and “[coping strategies](#) with [negative emotions](#)”. The most commonly encountered emotions were [tension](#) and [anxiety](#) followed by [frustration](#) and [uncertainty](#).

Family medicine [residents](#) and final-year medical students are challenged with emotions during their [clinical training](#). Therefore, medical [educators](#) have to be aware of the need to support them in reflecting on their emotions by prioritizing residents' and interns' well-being ³⁾.

Coping strategies are techniques and activities that individuals use to manage [stress](#), [emotions](#), and other difficult experiences in their lives. Coping strategies can be helpful in reducing [stress](#) and promoting mental and emotional well-being. Here are some examples of coping strategies:

[Mindfulness](#) and [relaxation](#) techniques: Mindfulness and relaxation techniques, such as deep breathing, meditation, and yoga, can help individuals to calm their minds and manage stress and negative emotions.

Cognitive restructuring: Cognitive restructuring involves changing negative thought patterns and replacing them with more positive or realistic ones. This can help individuals to reframe stressful situations in a more positive light and develop a more optimistic outlook.

[Exercise](#): Exercise is a natural mood booster and can help individuals to release tension and manage stress and negative emotions.

Social support: Seeking support from friends, family, or mental health professionals can help individuals to feel less alone and more supported during difficult times.

Journaling: Writing down thoughts and emotions in a journal can help individuals to process and manage stress and negative emotions more effectively.

Self-care: Practicing self-care activities, such as taking a relaxing bath, reading a book, or listening to music, can help individuals to recharge and manage stress and negative emotions.

It is important to note that coping strategies may differ from person to person, and it may take some time to find the right coping strategies that work best for you. It is also important to seek help from a mental health professional if stress or negative emotions persist and interfere with your daily life

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Velásquez-Pérez L, Colin-Piana R, González-González M. Afrontando la residencia médica: depresión y burnout [Coping with medical residency: depression burnout]. Gac Med Mex. 2013 Mar-Apr;149(2):183-95. Spanish. PMID: 23652185.

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³⁾

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