

To the editor: Focus on doctors' resiliency

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In response to The Blade editorial on burnout in medical doctors, May 31, preparing today's learners for the practice of medicine involves more than training men and women to be excellent diagnosticians who can design effective treatment plans.

Doctors must be able to cope with steadily increasing administrative burdens while quickly managing patients with complex psychiatric and medical illnesses. Programs are needed to fill in the gaps in medical education, such as teaching skills to manage stress, build resiliency, and maintain quality of life.

At the University of Toledo Medical Center, the former Medical College of Ohio, we have designed stress management and resiliency programs for medical students and residents.

We expanded our work to medical residents, beginning with family medicine five years ago, and expanding to neurology, internal medicine, emergency medicine, and psychiatry.

The goals were to build resiliency, the ability to bounce back from stressful situations, and to thrive under pressure. The consequences of allowing burnout rates to increase each decade are too severe to be ignored.

Despite the realization that burnout is real and detrimental, we have experienced challenges. Programs must be evaluated and the results published to guide others involved in training.

Most damaging has been the minimal financial support for well-being programs. Grants and institutional funds are necessary to compensate for time spent, research, and program development.

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Sylvania

Get over Russia

When is Congress going to get back to actually doing their jobs and get over their obsession with proving the nonexistent, fabricated Russian collusion conspiracy that Hillary Clinton and fellow Democrats concocted as an insurance policy in case they lost?

Face it folks, you lost; get over it and move on. This constant attempt to try to give the "Russia, Russia, Russia" story credibility is a waste of time and resources.

Remember those good times when Barack Obama gave tax money to the Israeli opposition party trying to influence their election? And how many foreign elections have been influenced by us in an attempt to get a desired result? Too many to count.