

# Shaping the future of Doctors' Health

The FEMS Survey Project

Review

## Impaired Melatonin Secretion, Oxidative Stress and Metabolic Syndrome in Night Shift Work

Sorina Hohor<sup>1</sup>, Cristina Mandanach<sup>1</sup>, Andreea Maftei<sup>1,2</sup>, Corina Aurelia Zugravu<sup>3</sup> and Marina Ruxandra Oțelea<sup>4,\*</sup>

Occup Environ Med 2001;58:68-72

Education

# HEALTH EFFECTS OF SHIFT WORK AND EXTENDED HOURS OF WORK

J M Harrington

### IN-DEPTH REVIEW

## Occupational health issues amongst UK doctors: a literature review

A. Vijendren, M. Yung and J. Sanchez

### Night shift work and breast cancer risk – 2023 update of epidemiologic evidence

Johnni Hansen\*, Julie Elbæk Pedersen

Danish Cancer Institute, Danish Cancer Society, Strandboulevarden 49, 2100 Copenhagen, Denmark

Occupational Medicine 2016;66:276-278  
January 2016 doi:10.1093/occmed/kqv207

## Location, vocation, procreation: how choice influences life expectancy in doctors

R. Holleyman<sup>1</sup> and S. Vann Jones<sup>2</sup>

<sup>1</sup>Royal Victoria Infirmary, Newcastle upon Tyne, Tyne and Wear NE1 4LP, UK, <sup>2</sup>Department of Psychiatry, University of Oxford, Warneford Hospital, Oxford OX3 7JX, UK.

Rosta and Aasland *BMC Health Services Research* 2011, **11**:40  
<http://www.biomedcentral.com/1472-6963/11/40>



### RESEARCH ARTICLE

## Work Hours and Self rated Health of Hospital Doctors in Norway and Germany. A comparative study on national samples

Judith Rosta<sup>1\*</sup> and Olaf G Aasland<sup>2,3</sup>

Received: 30 November 2020 | Revised: 15 January 2021 | Accepted: 29 January 2021  
DOI: 10.1093/nim2.23

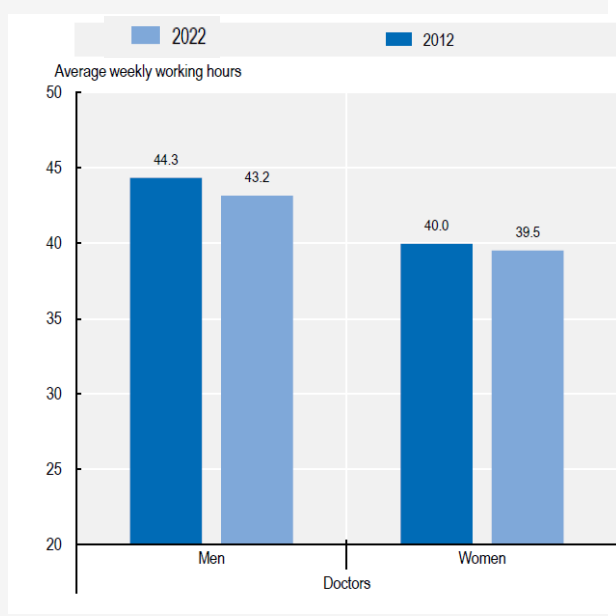
### ORIGINAL ARTICLE



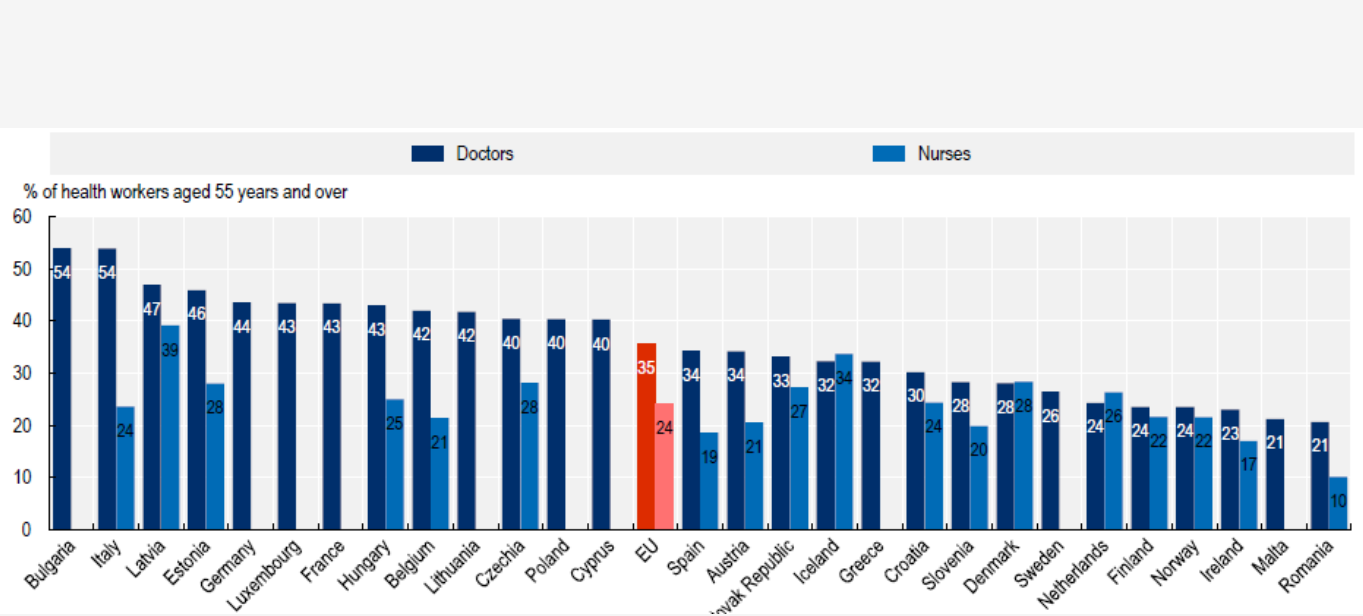
## Medical specialties and life expectancy: An analysis of doctors' obituaries 1997-2019

Adam B. Brayne<sup>1</sup> | Ralph P. Brayne | Alexander J. Fowler<sup>2</sup>





	Doctors		
	Hospital (ICU unit)	Hospital (emergency unit)	GPs (family doctors)
Austria	●	●	●
Czechia			
Finland	●		●
France			
Germany			
Greece	●		
Ireland			
Italy	●	●	●
Latvia	●	●	●
Lithuania	●		
Luxembourg			
Portugal	●	●	●
Slovenia	●		●
Spain	●	●	●
<b>Out of 14 countries:</b>	<b>9 (64%)</b>	<b>5 (36%)</b>	<b>7 (50%)</b>



### 1.3.2. Most doctors, nurses, and other health and social care workers are women

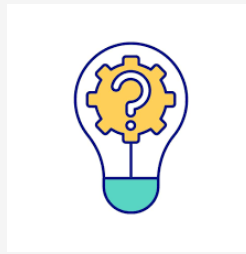
Women constitute the majority of health and social care workers in all EU countries. On average across EU countries, 79% of health and social care workers were females in 2023, according to the EU Labour Force Survey.

Women have traditionally accounted for the bulk of nurses and healthcare assistants, and this continues to be the case nowadays. In 2022, they accounted for over 85% of all nurses on average across EU countries, a share that has been fairly stable over the past few decades. One of the main challenges to address nurse shortages is therefore to attract more men into the profession.

The proportion of female doctors has increased greatly in many countries over the past two decades, so that in the EU as a whole, more than half (53%) of doctors in 2022 were women, up from 45% in 2010. This growth was the sole contributor to the substantial increase in the number of doctors during that period as the number of male physicians decreased over time.

## Health at a Glance 2024

- ✓ Shortage of medical workforce
- ✓ Aging workforce
- ✓ Feminization



## KEY HYPOTHESES

- Doctors may face specific **health challenges**
- Medical profession , particularly in demanding specialties, could be **considered as an arduous work**
- Doctor's **health status** could influence the organization of work
- Work **organization** could have an **impact** on doctor's health
- Full Time Equivalent – FTE- **less than 1**



*Current shortage of doctors due to an inaccurate assessment of staffing needs*

### *FTE is a unit to measure employed persons*

*A full-time person is therefore counted as one FTE, while a part-time worker gets a score in proportion to the hours he or she works. For example, a part-time worker employed for 20 hours a week where full-time work consists of 40 hours, is counted as 0.5 FTE.*

*The **workforce** of an enterprise, activity, or country etc. can then be added up and expressed as the number of full-time equivalent*

# FIELDS OF INVESTIGATION

Personal and demographic information



Work environment characteristics

Self assessment of physical and emotional well-being



Health and work impact

- *presence of pre-existing or current health conditions*
- *Medication use*
- *any work limitations or adjustments in working hours*
- *self-assessment of the impact of health conditions on work performance/how workload and work intensity negatively impact health*
- *average sick leave days*

Specialization status



Career perspectives and future intentions



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SULL'INTEGRAZIONE SOCIO-SANITARIA





- *Assessing the health status of doctors, particularly by specialty*
- *Detecting metrics to indicate medical profession as an arduous job*
- *Determining FTE of doctors, allowing for an accurate analysis of workforce needs*
- *Identifying potential organizational measures*
- *Providing a european –wide overview and national insights as well*
- *Introducing data to European Institutions to discuss specific challenges of doctors in the public healthcare sector*

- Mobile friendly version
- Survey will remain open until June 30, 2025
- Set to be completed by all Countries – translated in 13 languages (FEMS) and English language for other Countries

**FOR ITS SUCCESS FEMS NEEDS YOUR SUPPORT!!**

***Share the survey link within your members***

***For any further information:***

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**[info@fems.net](mailto:info@fems.net)**

**HELP US  
HELP YOU**

If you are interested, FEMS will be happy to **share, analyze and discuss** the results on your own Countries

*Alessandra Spedicato MD  
FEMS President*



# WE NEED YOU



IT'S TIME TO RESHAPE OUR PROFESSION.  
ARE YOU A DOCTOR WHO BELIEVES YOUR WORK HAS AN  
IMPACT ON YOUR HEALTH?  
DO YOU THINK STAFFING NEEDS ARE MISCALCULATED?

JOIN the FEMS Project « Shaping the future of Doctors'  
Health»!

Complete the survey (4 minutes) and SHARE it within your  
network.

**HELP US TO HELP YOU!!**

<http://surveyfems.econ.univpm.it/>

**PLEASE,**  
**SHARE IN YOUR WHATSAPP CONTACT LIST**  
**SOCIAL APPS**  
**MAILING LIST**  
**SCIENTIFIC SOCIETIES NETWORK**