



**A story of resilience:
being a pediatrician in Spain**
*Health, lifestyles and working conditions of
pediatricians in Spain*

Working team

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With the collaboration of the Catalan Society of Pediatrics

Supported by: The logo for ORDESA, featuring the word "ORDESA" in a bold, blue, sans-serif font, enclosed within a blue oval shape.

EAPH Conference 2015: Barcelona, 20-21 April

What's Galatea Foundation?

- Created by the Catalan Medical Association in 2001 in accordance with the autonomous government of Catalonia.
- Devoted to enhancing the health and the wellbeing of doctors and other health professionals.
- Integral care programmes for health professionals (doctors, nurses, veterinarians and pharmacists).
- Framework to manage programmes for health care and prevention addressed to professionals.

Methodology

Population: 9-10,000 pediatricians working in Spain
(public system + private)

Self-administered survey (May-July 2013)

- On line (873 / 4,547)
- Mail (155 / 952)
 - Telephone monitoring (7,040 calls to 4,615 pediatricians)

Participation rate: 18.5% **1,028 pediatricians** (error $\pm 2,9$)

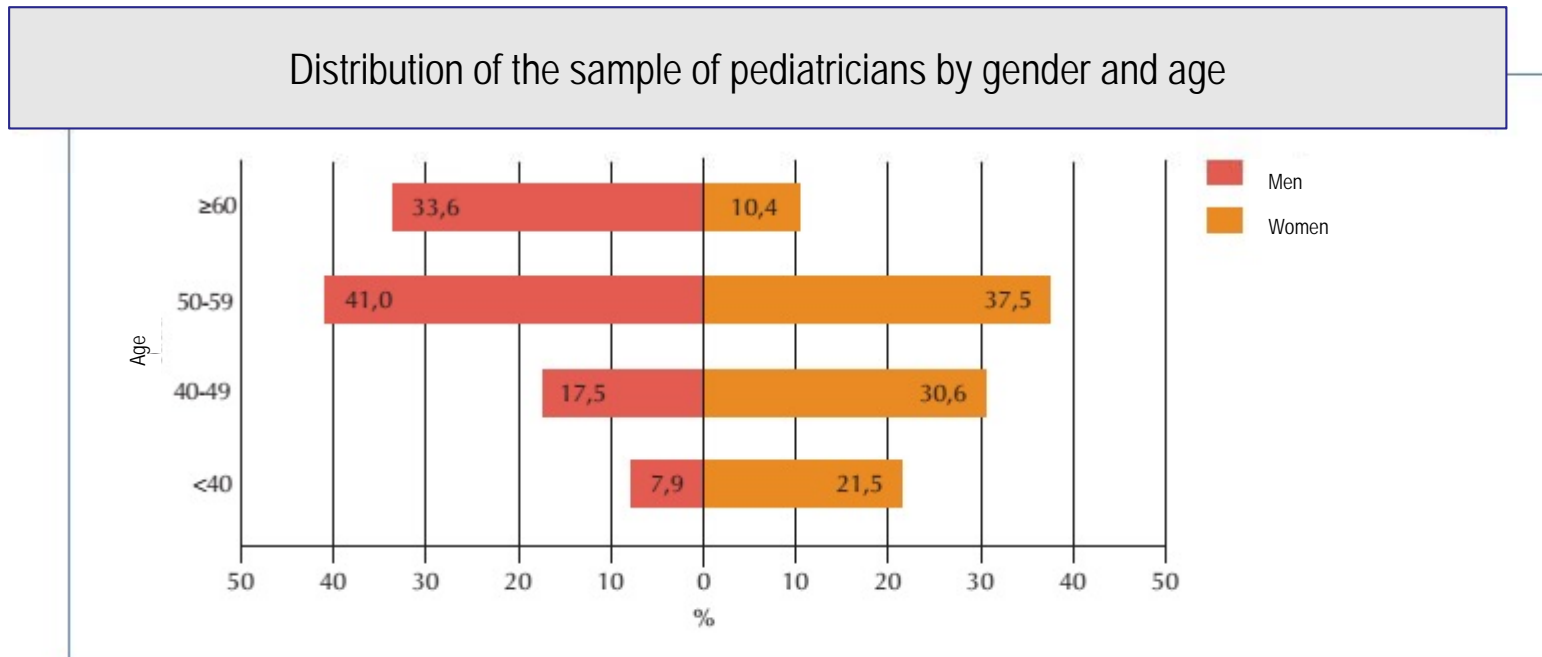
Representative sample in gender, age and Autonomous Region

Survey: 74 questions; 185 direct variables

Sociodemographic characteristics (1)

Very feminised Specialty

More women (59%) and younger (47,9 vs. 54,8 average age)

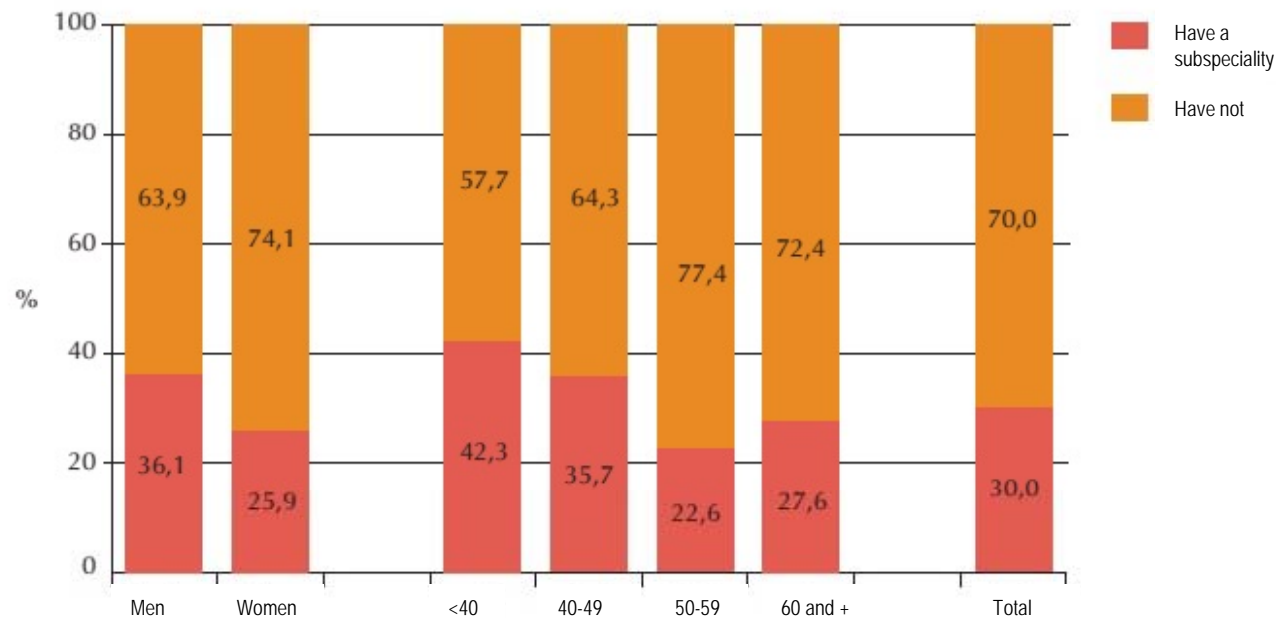


Sociodemographic characteristics (2)

Very high level of training

94% pediatrics speciality- 30% added subspeciality - 25% PhD

Pediatricians with a subspeciality by gender and age



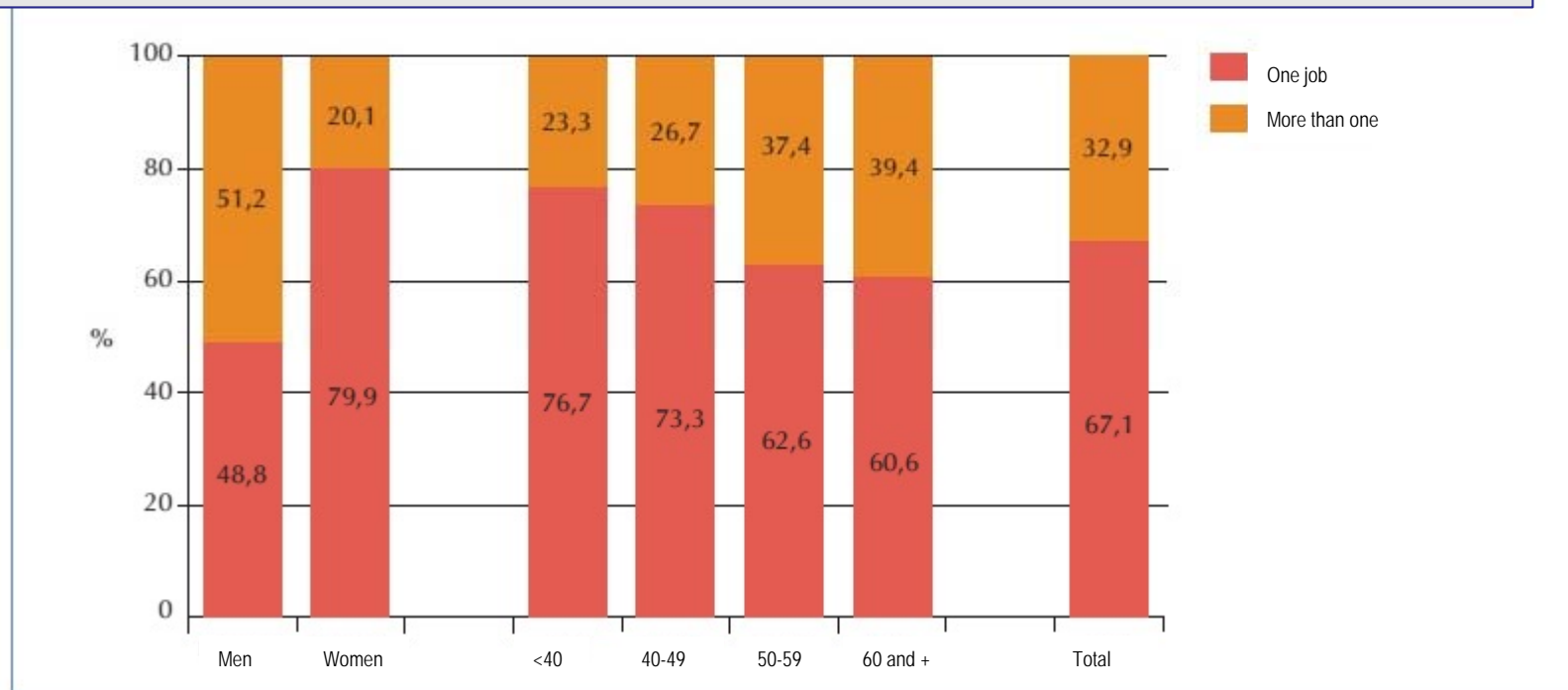
Working environment and conditions

Working environment and conditions (1)

Different professional situation among men and women

Half of men have more than one job

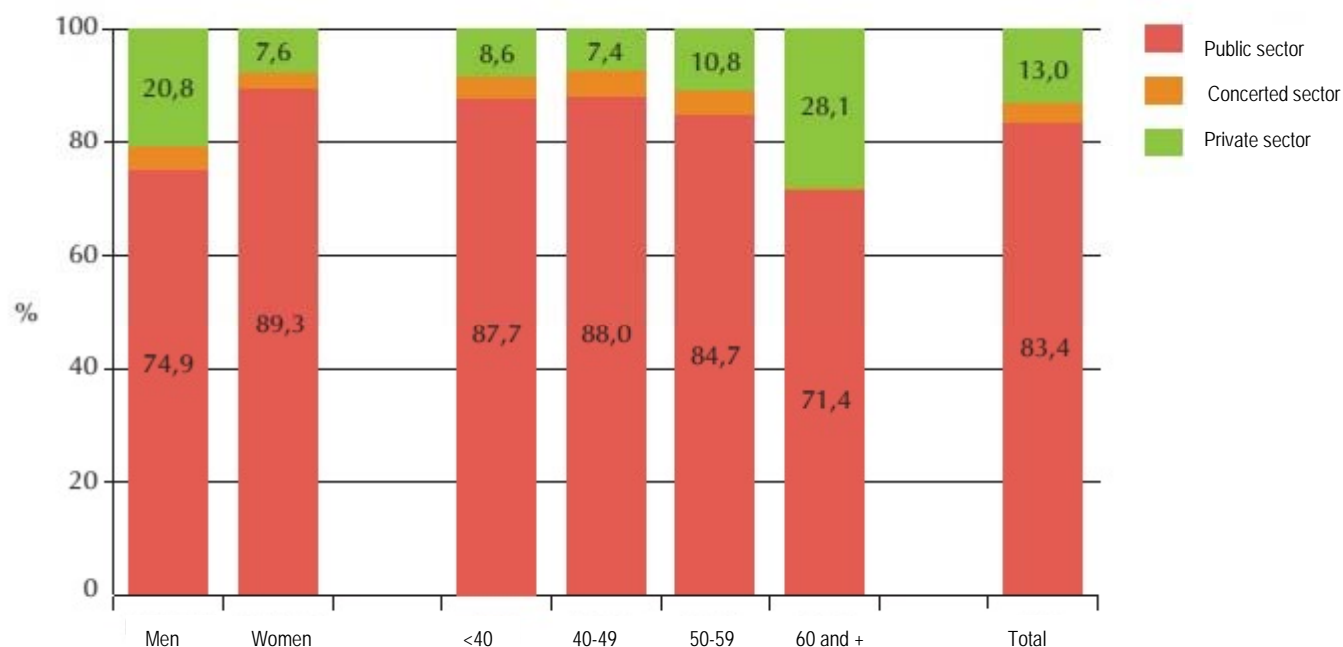
Pediatricians with more than one job by gender and age



Working environment and conditions (2)

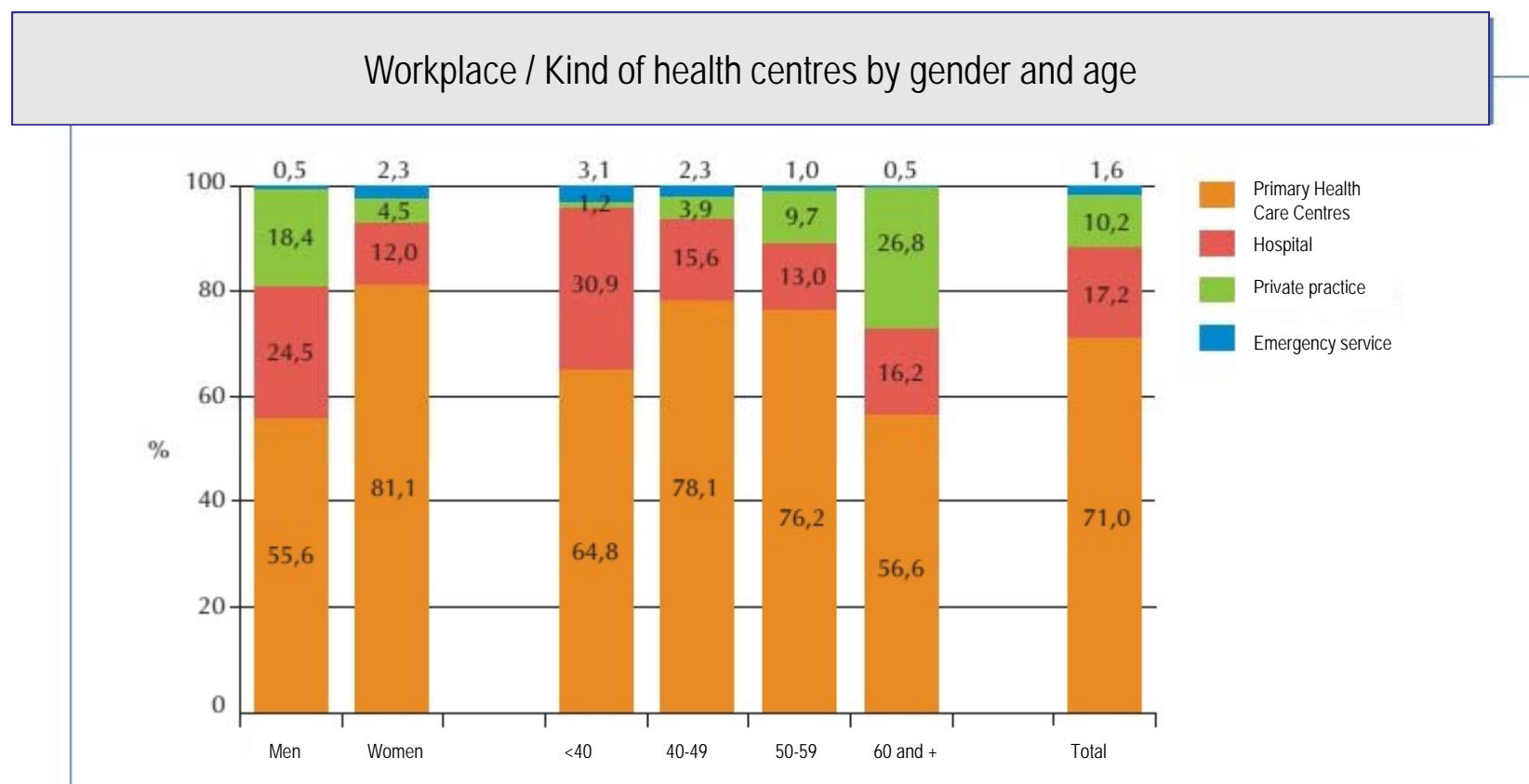
Most working in public sector. Especially women.

Activity sector of the main job by gender and age



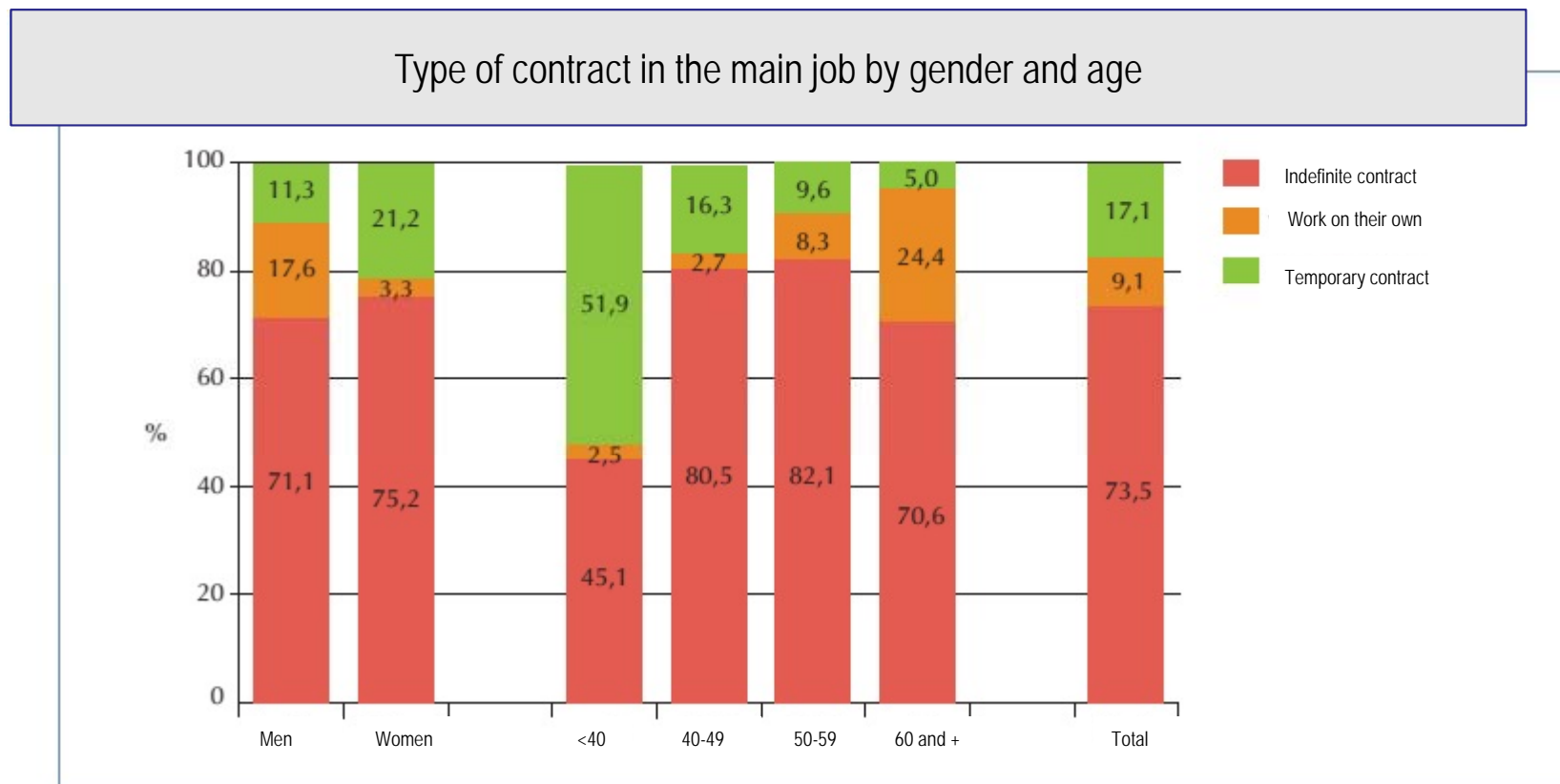
Working environment and conditions (3)

Most working in Primary Health Care Centres. Especially women.



Working environment and conditions (4)

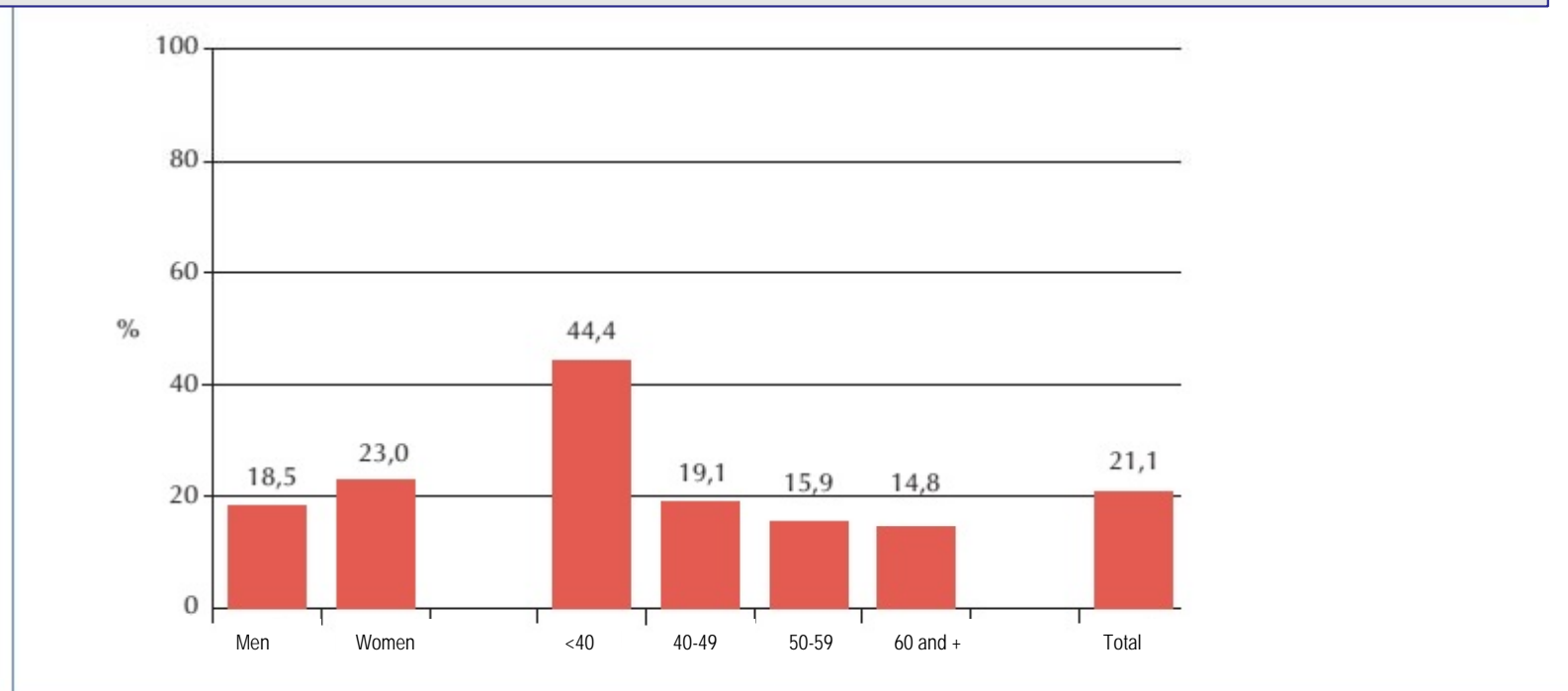
Contractual relationship: salaried and temporary



Working environment and conditions (5)

Perceived job insecurity especially among the youngest

Pediatricians who are agree or very agree that their employment status is insecure by gender and age



Working environment and conditions (6)

Different schedules and sometimes not conventional

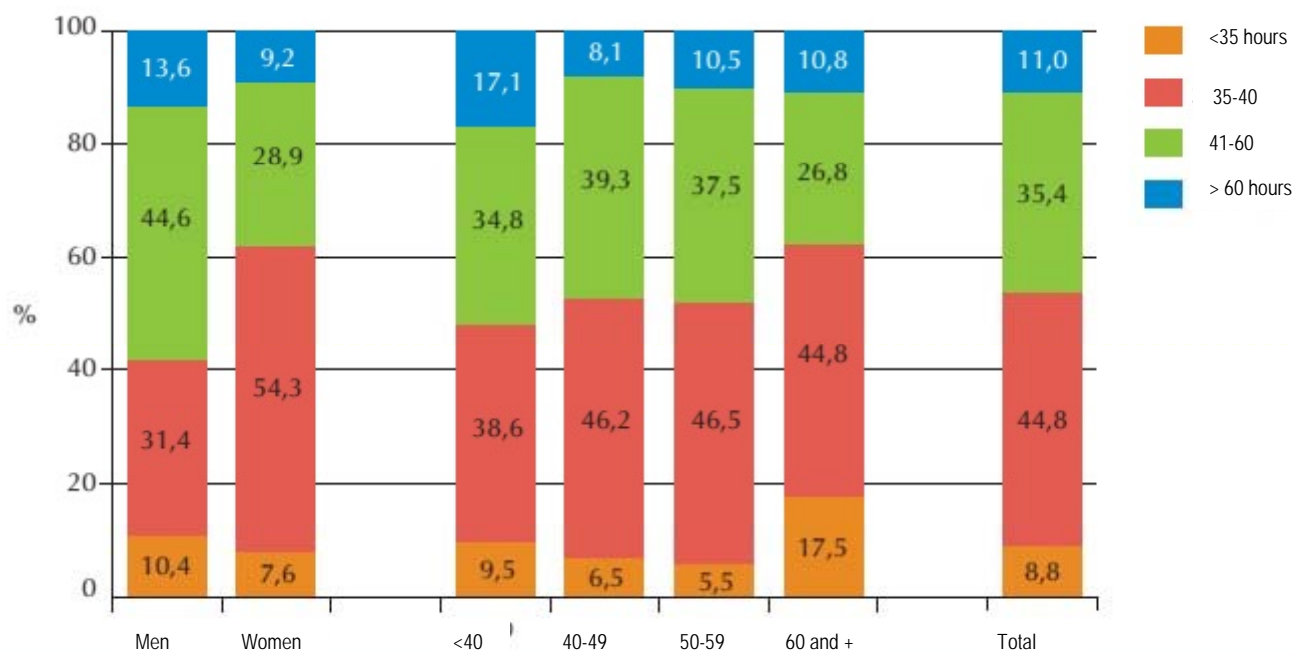
Type of schedules of pediatricians by gender

	Men	Women	Total
Split shift (morning and afternoon)	17,7	10,1	13,2
Continuos shift (morning)	53,8	51,0	52,1
Continuos shift (afternoon)	11,7	7,8	9,4
Continuos shift (night)	0,2	0,0	0,1
Continuos shift (morning and afternoon)	0,7	1,3	1,1
Sliding schedule	7,7	18,2	13,9
Shifts	6,9	9,2	8,3
Reduced schedules, specific days , only guards	1,0	1,5	1,3
Other possibilities	0,2	1,0	0,7
Total	100,0	100,0	100,0

Working environment and conditions (7)

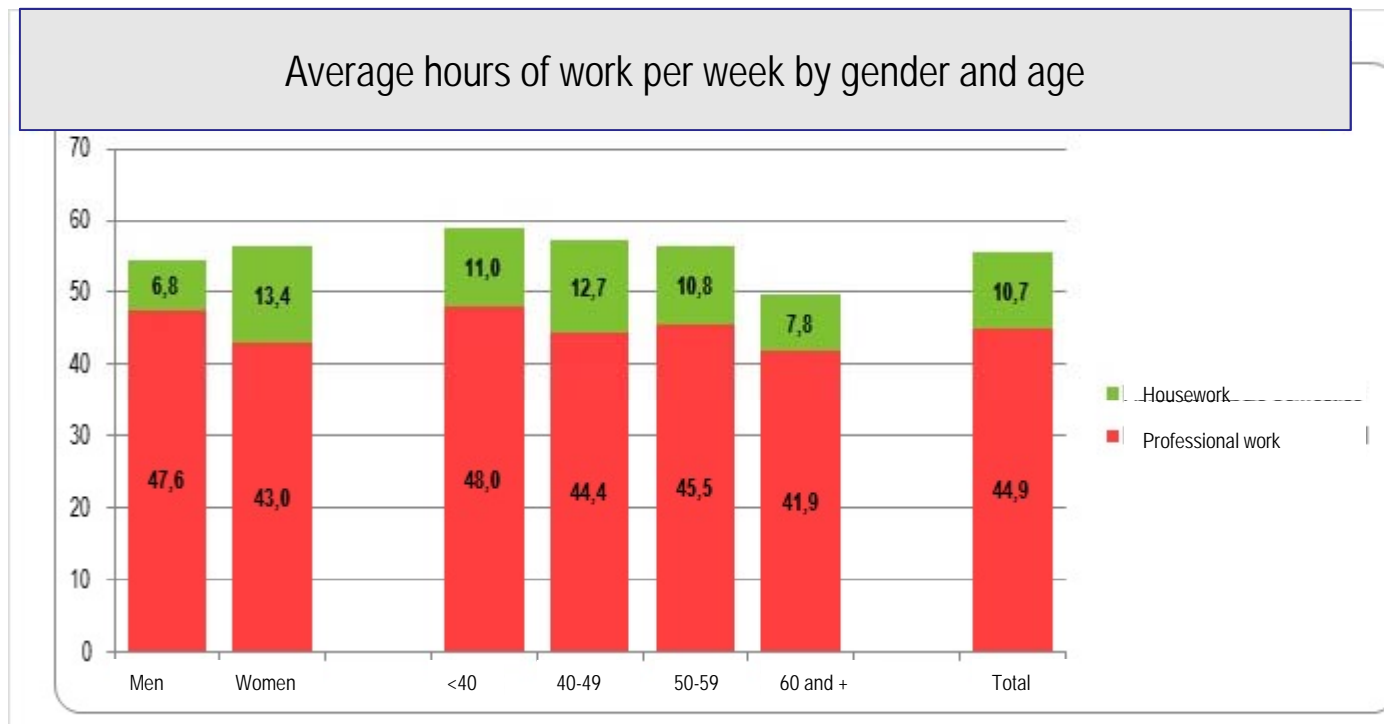
Long working hours:
nearly the half of them work more than 40 hours per week

Number of hours worked last week by gender and age



Working environment and conditions (8)

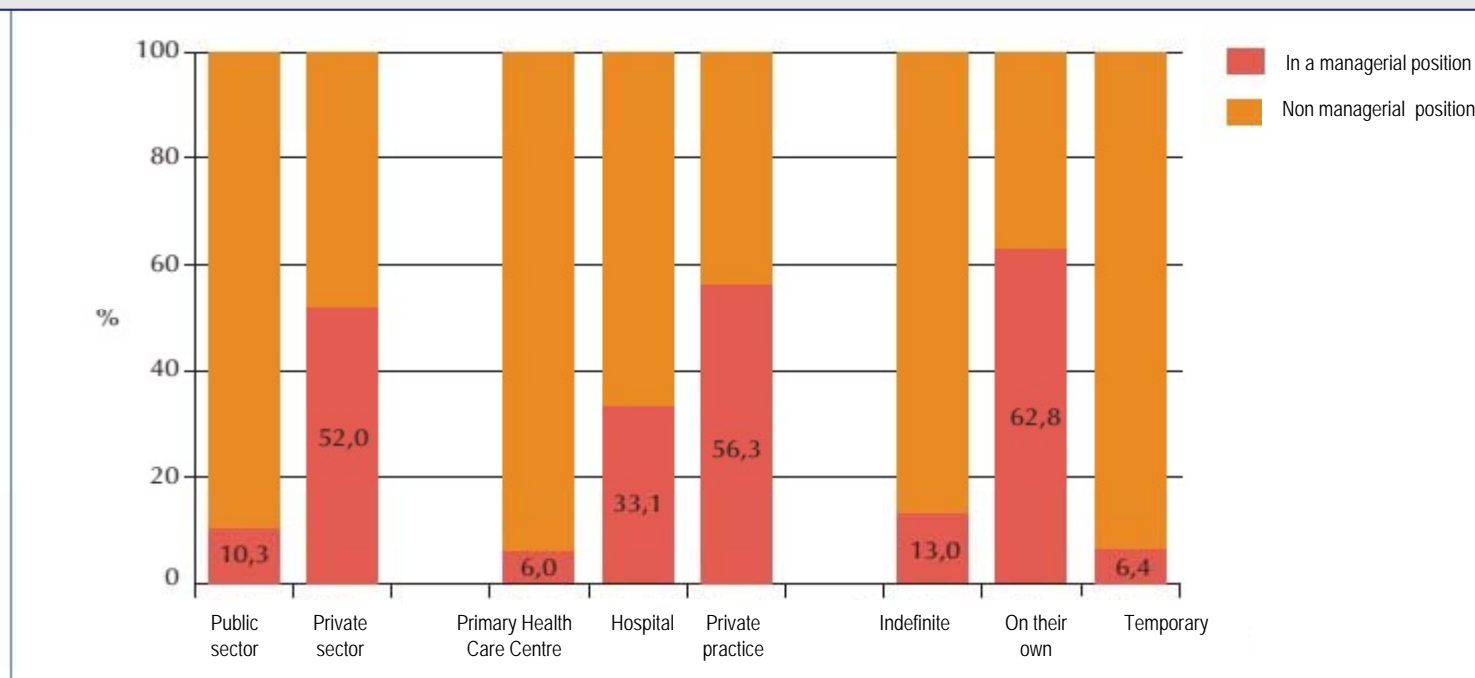
Men have longer working days if housework not included



Working environment and conditions (9)

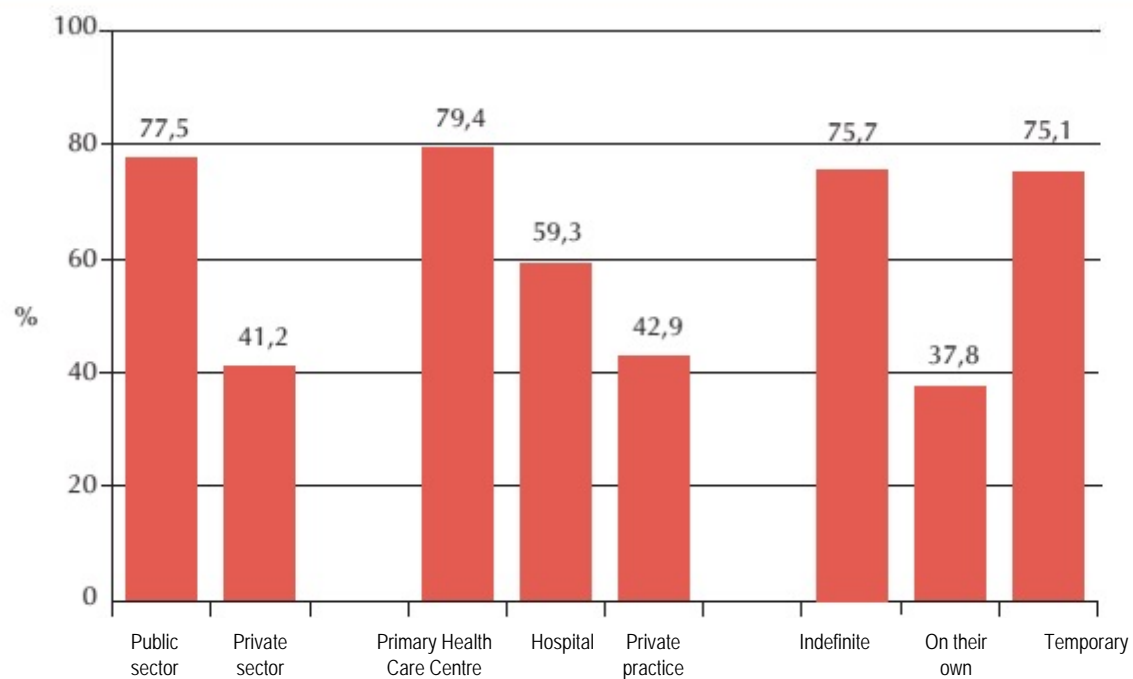
Very few perspectives to promote to managerial positions,
especially in primary care public sector

Pediatricians in a managerial position by activity sector, workplace and type of contract



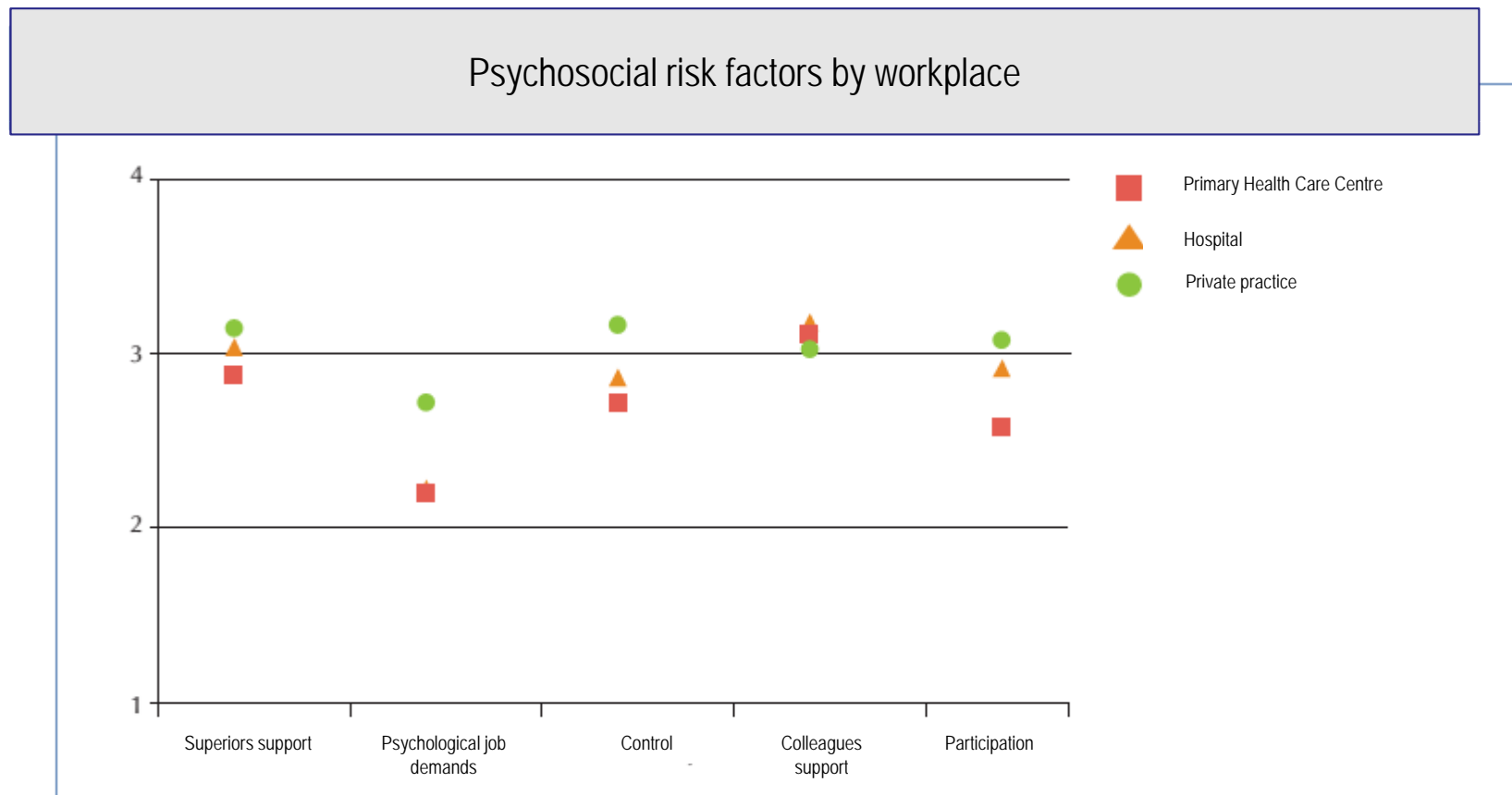
Working environment and conditions (10)

Pediatricians who agree or strongly agree that they have few promotion perspectives by activity sector, workplace and type of contract



Working environment and conditions (11)

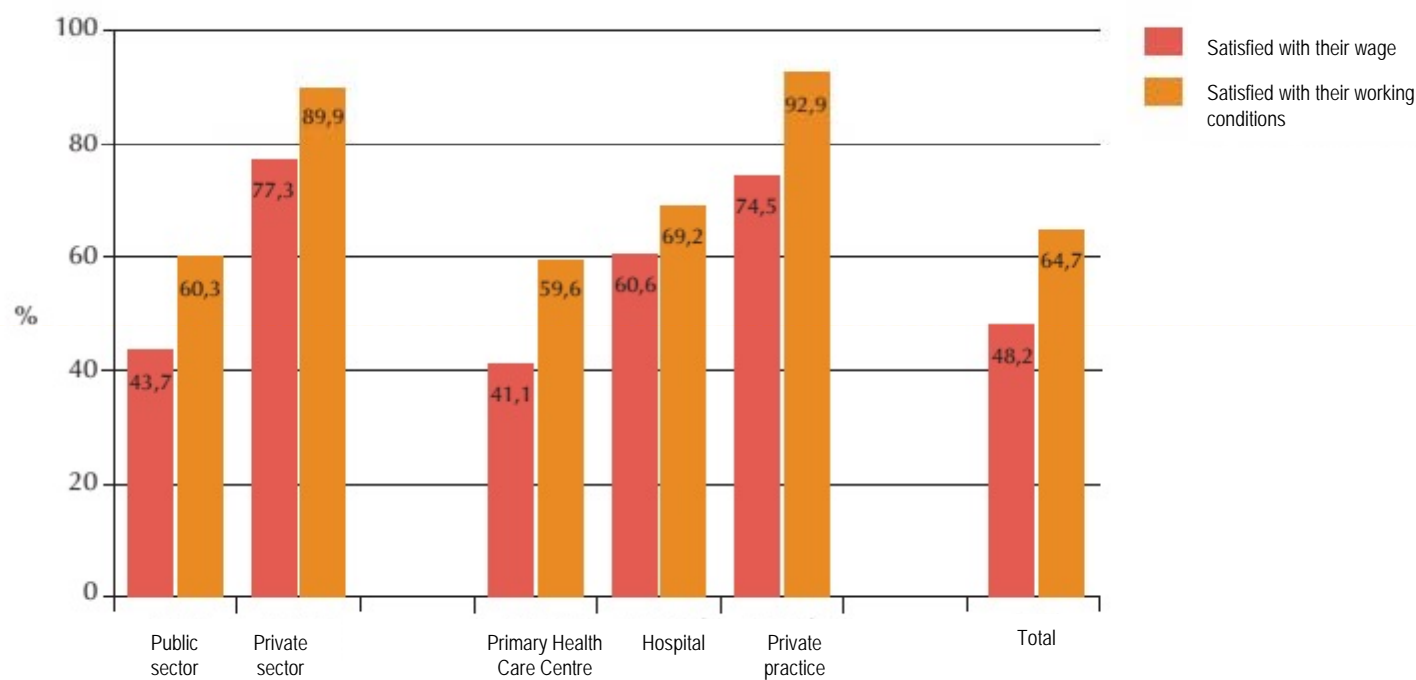
Psychosocial risks arising workload and low participation in decisions



Working environment and conditions (12)

Limited level of job satisfaction.
Greater satisfaction with working conditions than with wages

Pediatricians who are satisfied with their working conditions or their wage
by activity sector and workplace

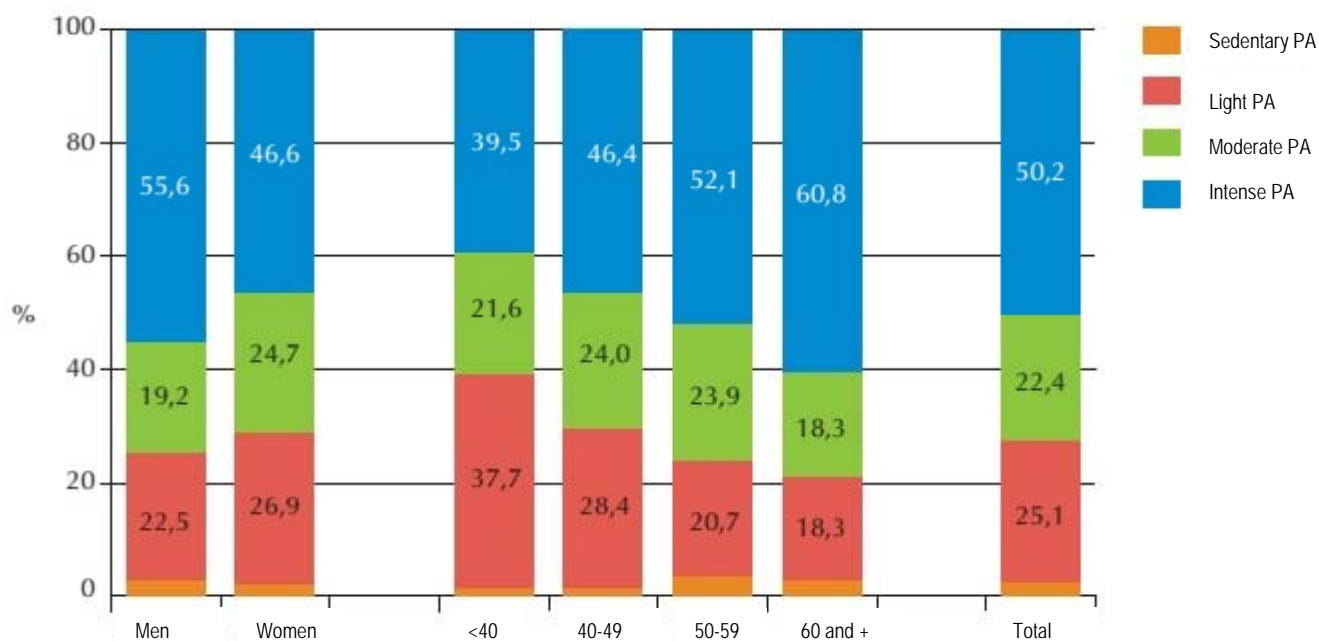


Life styles determining health

Life styles determining health (1)

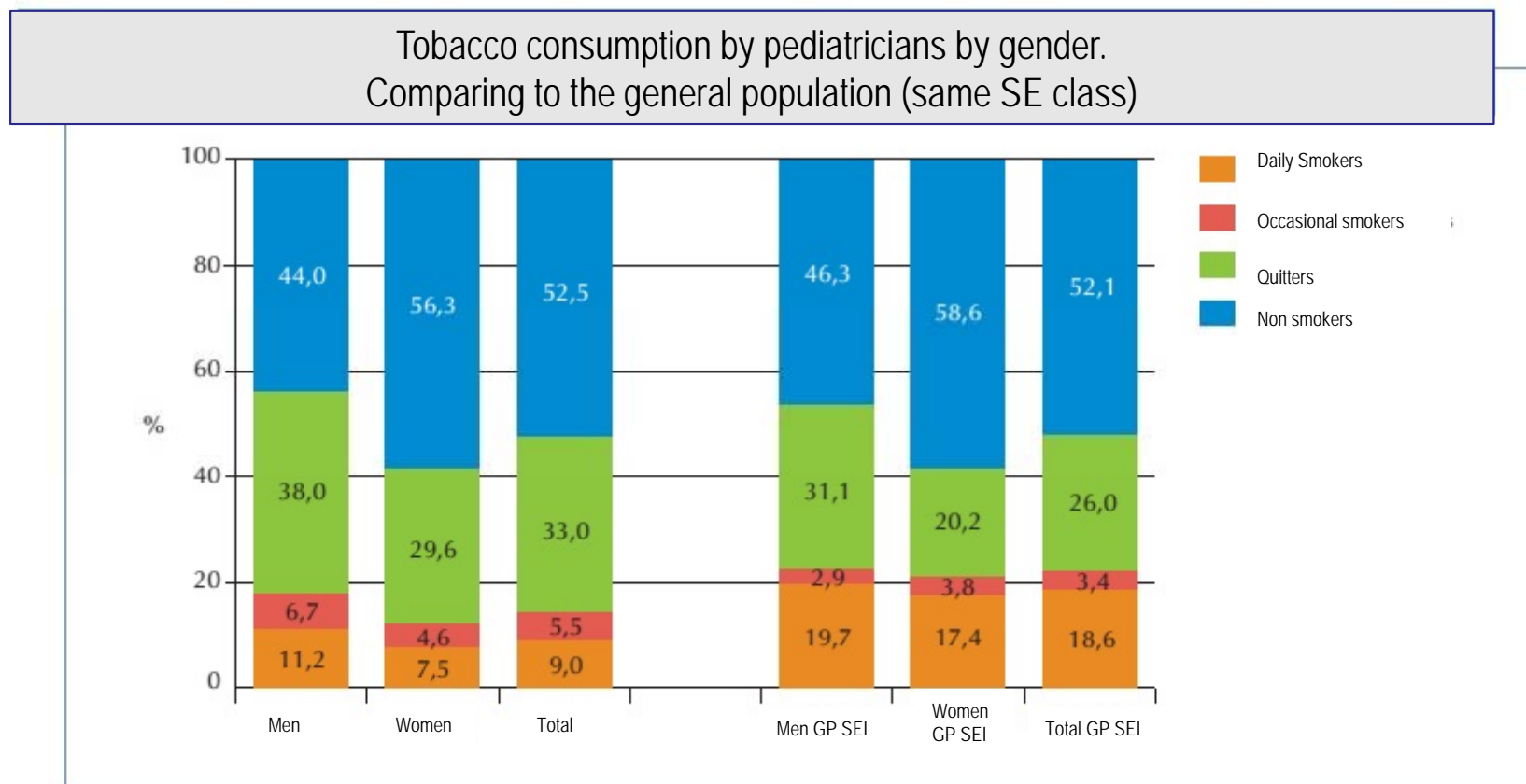
Intense physical activity is reported. Practically absence of inactivity

Physical activity performed by pediatricians last 7 days by gender and age



Life styles determining health (2)

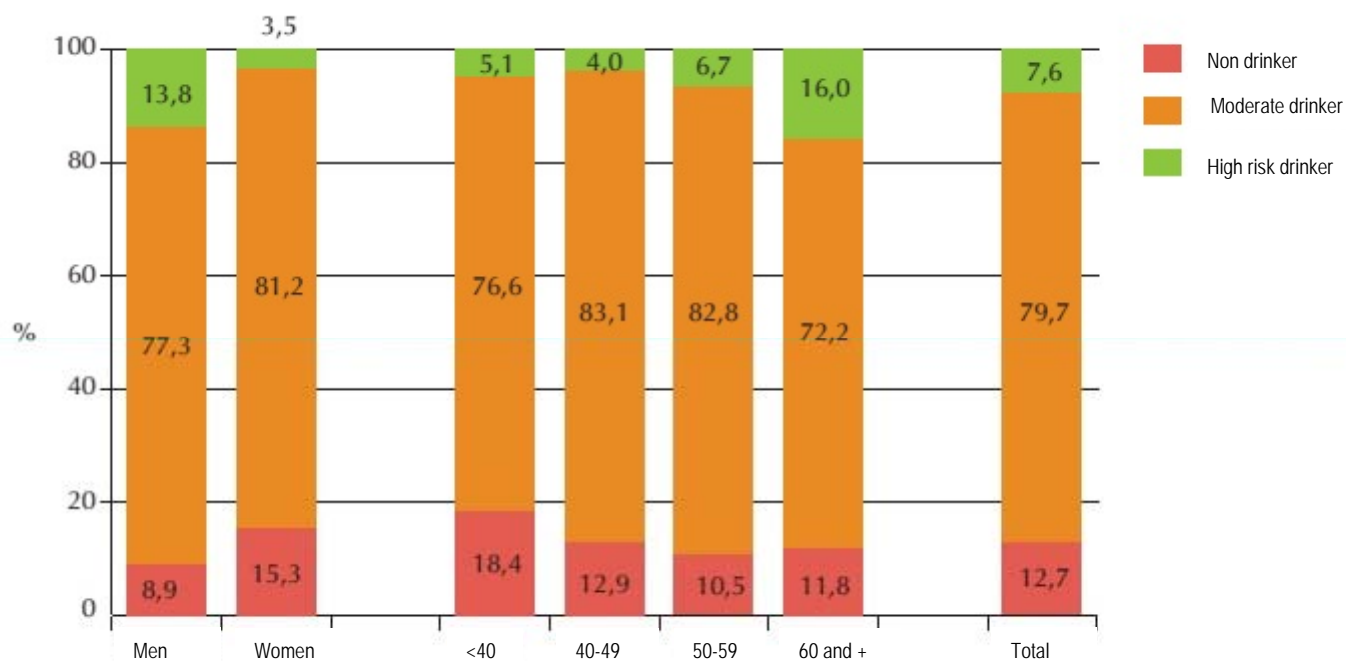
Low level of smokers, much lower than in the general population of the same socioeconomic class



Life styles determining health (3)

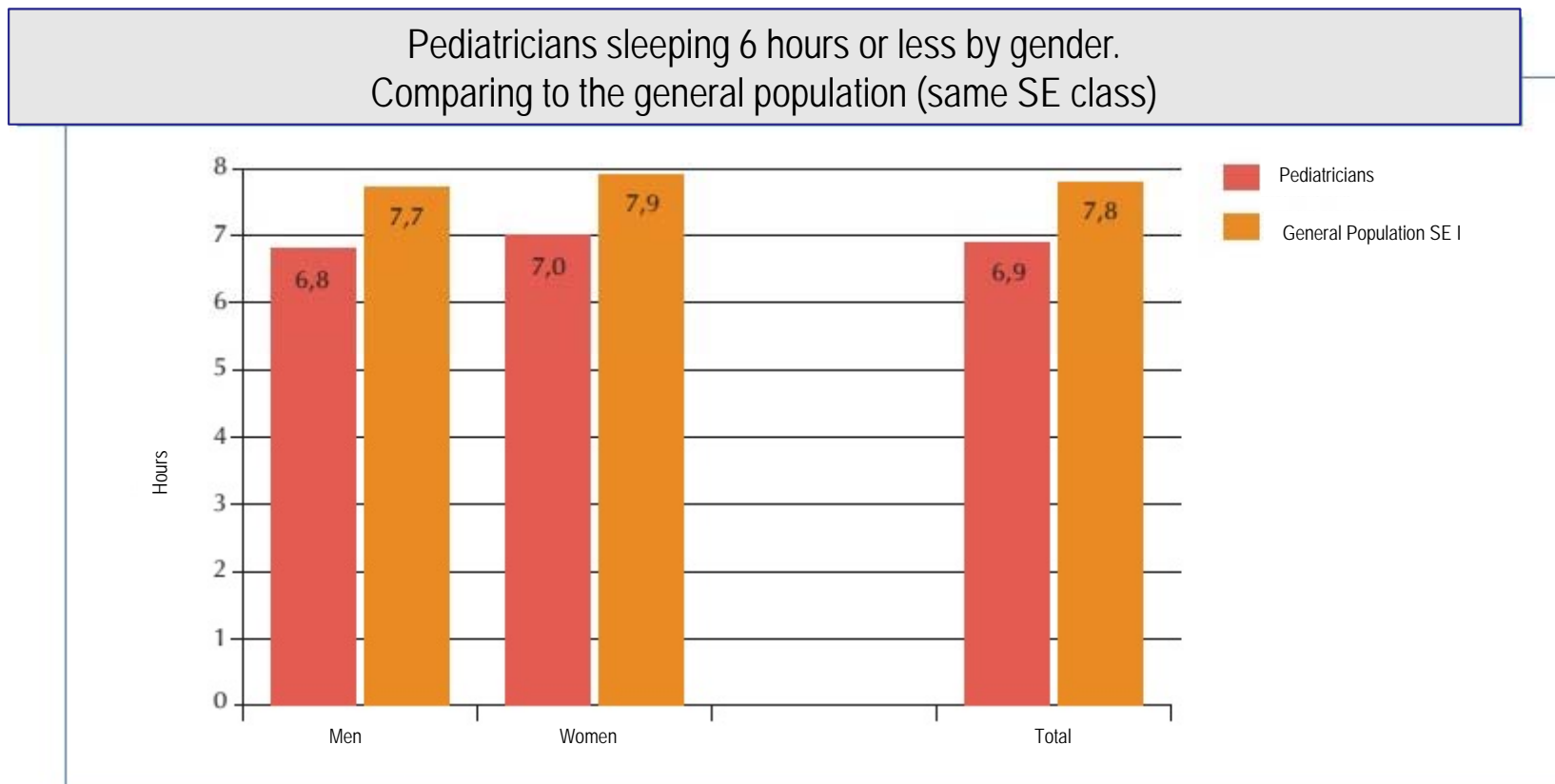
Moderate alcohol consumption, similar to the general population, exception of the eldest men.

Alcohol consumption by pediatricians by gender and age



Life styles determining health (4)

Sleeping an average of an hour less than the general population.



Health status

The age structure established differences in the health status of men and women

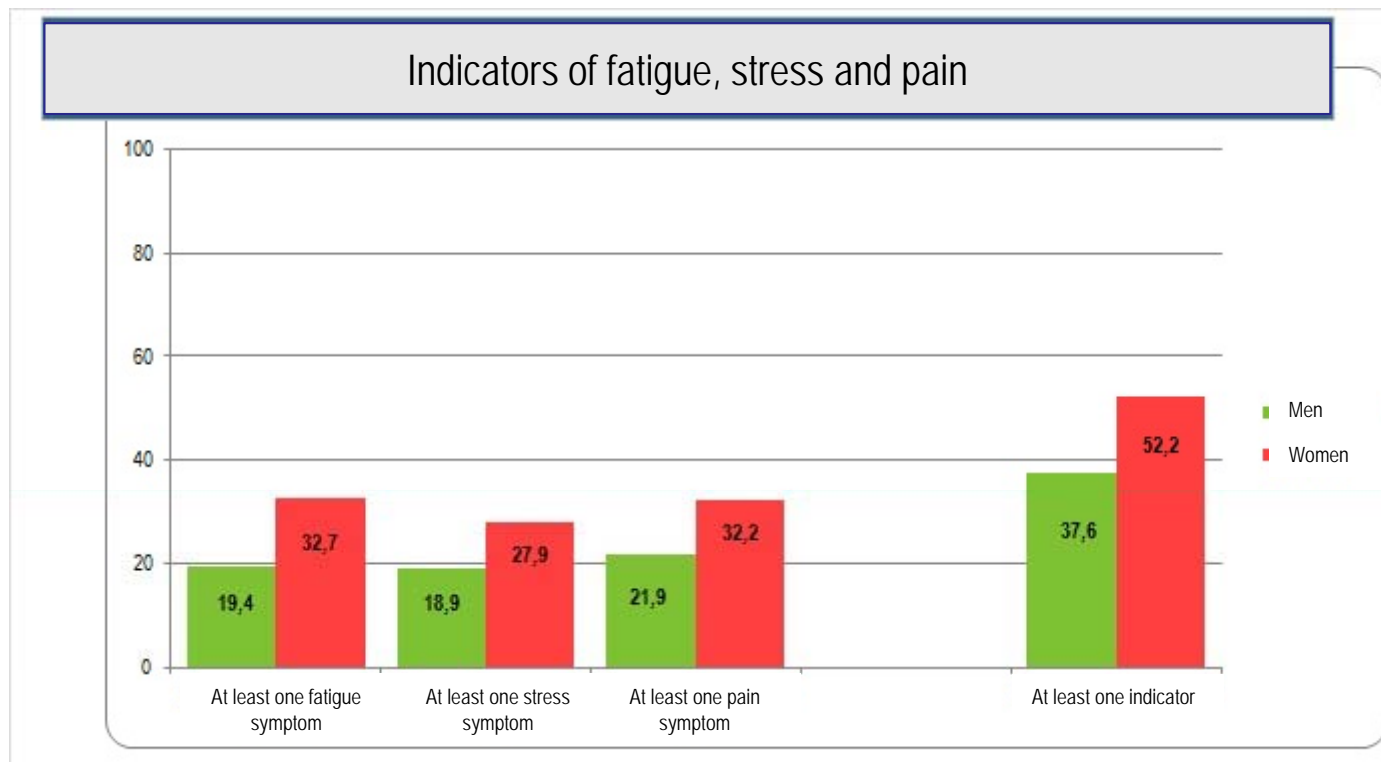
Higher risk of poor mental health and stress (especially in women) but good self-perceived health

Health status (1)

- Similar prevalence of chronic disorders than in the general population: 57.9 pediatricians - 65% men vs 53% women
- High prevalence of hypertension (28.9%), hypercholesterolemia (19.9%) and overweight among men

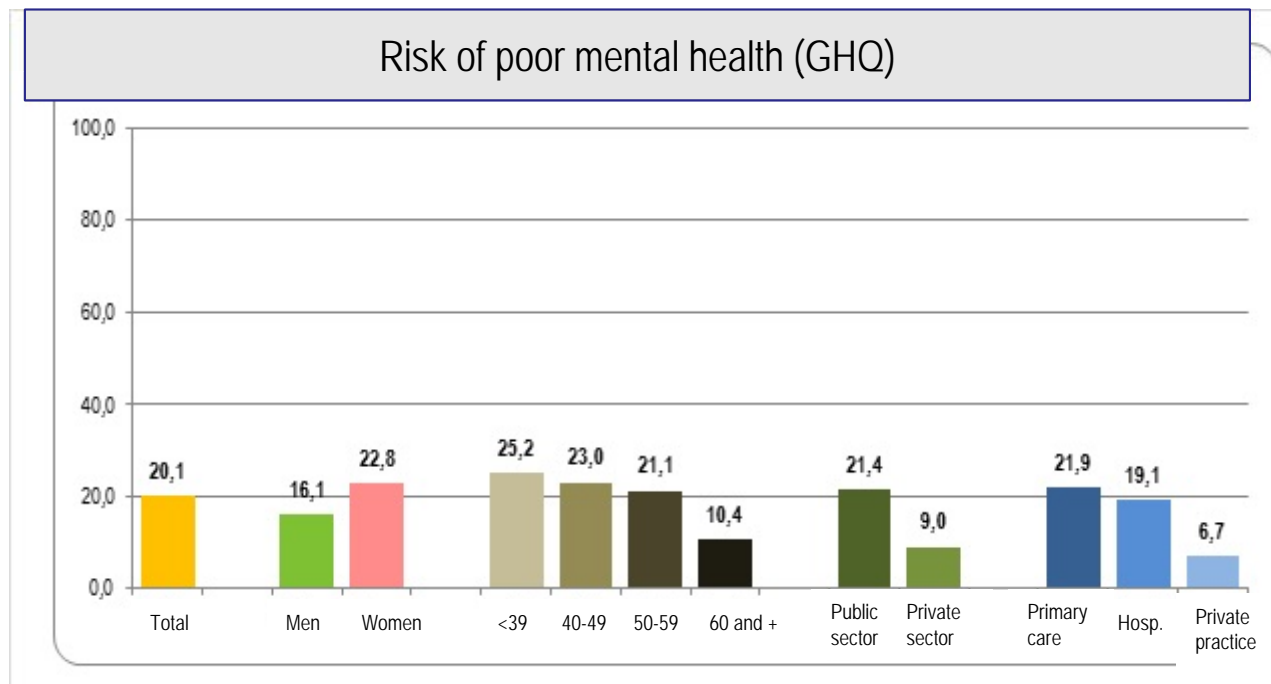
Health status (2)

Worse indicators on health and quality of life among women: 10% anxiety disorders, 4.5% depressive disorders, 4.5% migraines and headaches



Health status (3)

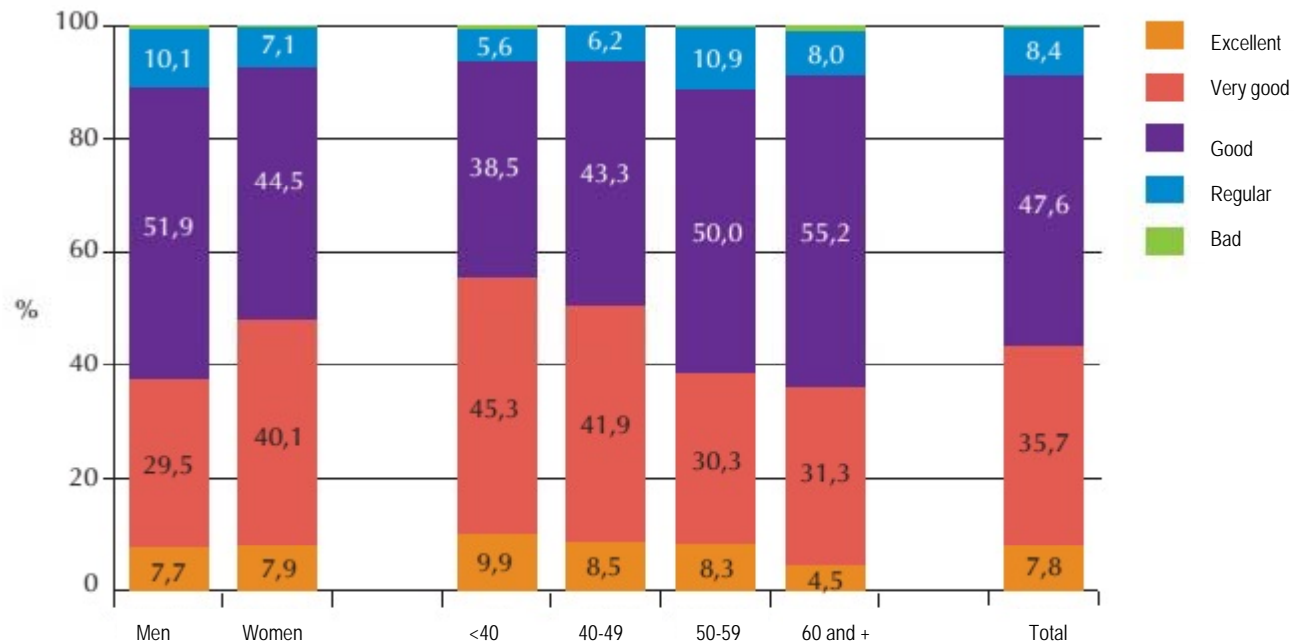
Higher risk of poor mental health (GHQ) than the general population but similar to other health professionals



Health status (4)

Good self-perceived health status

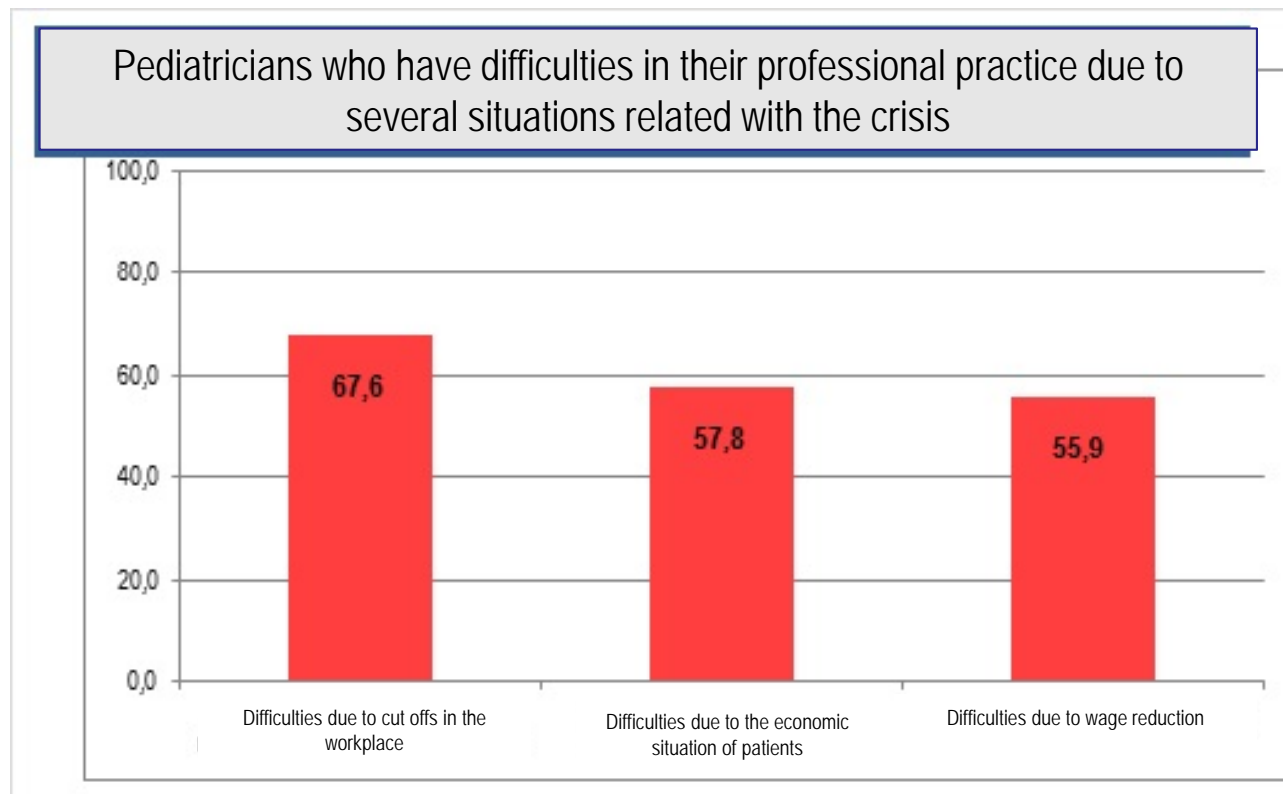
Self-perceived health status by gender and age



Professional practice in changing times

Professional practice in changing times (1)

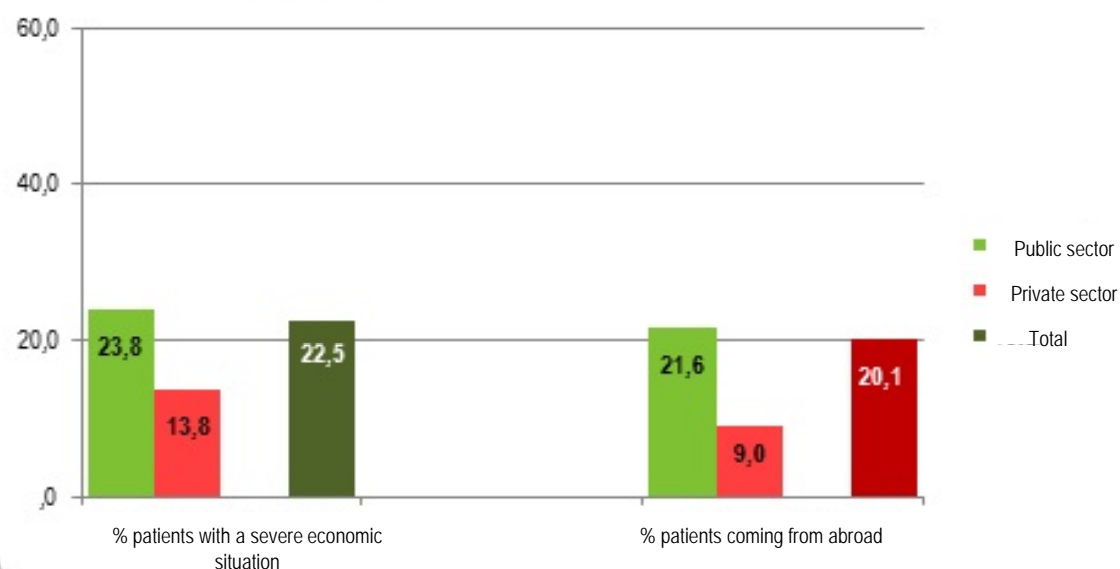
Difficulties in the professional practice related to the current economic situation: cut backs in the workplace, economic situation of patients and wage reduction



Professional practice in changing times (2)

Need to manage patients with economic problems
or from other cultures

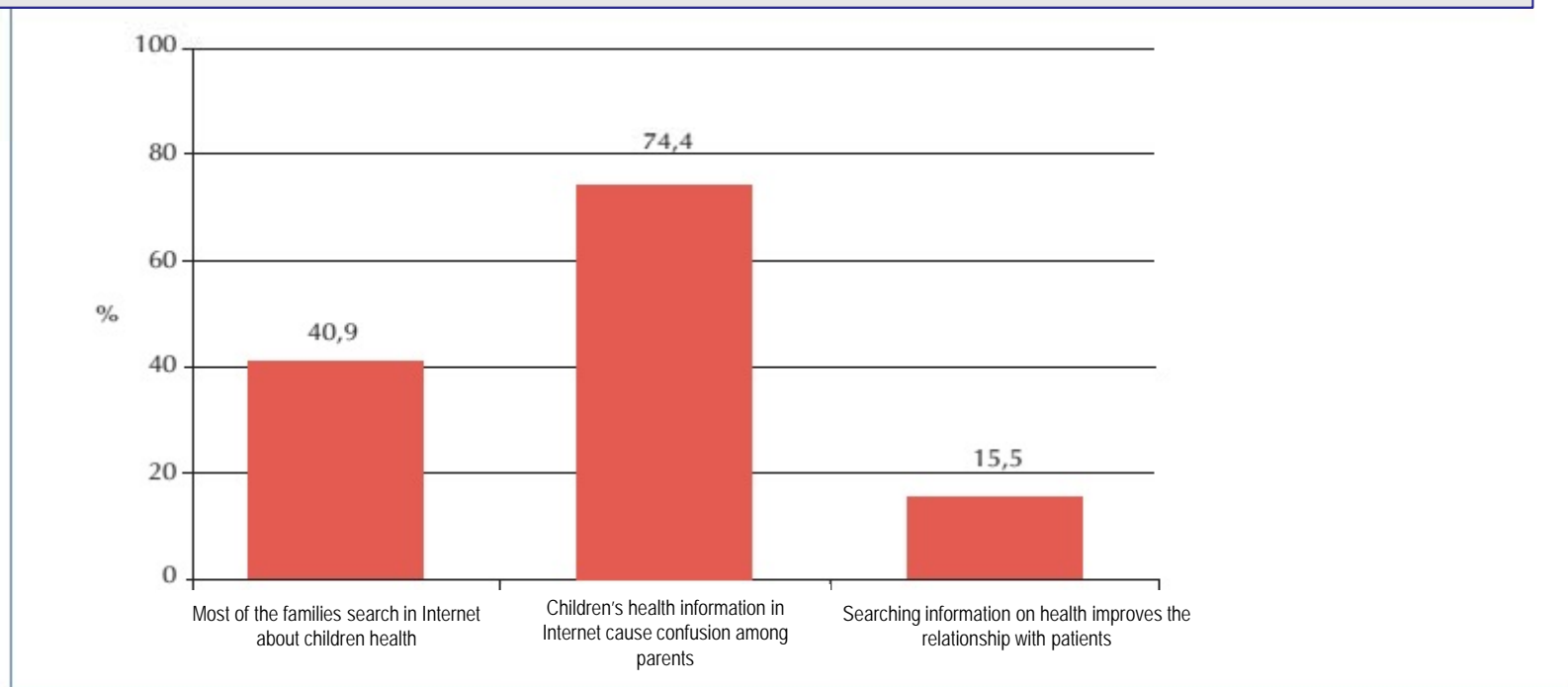
Percentage of patients with a severe economic situation and coming from other countries by sector



Professional practice in changing times (3)

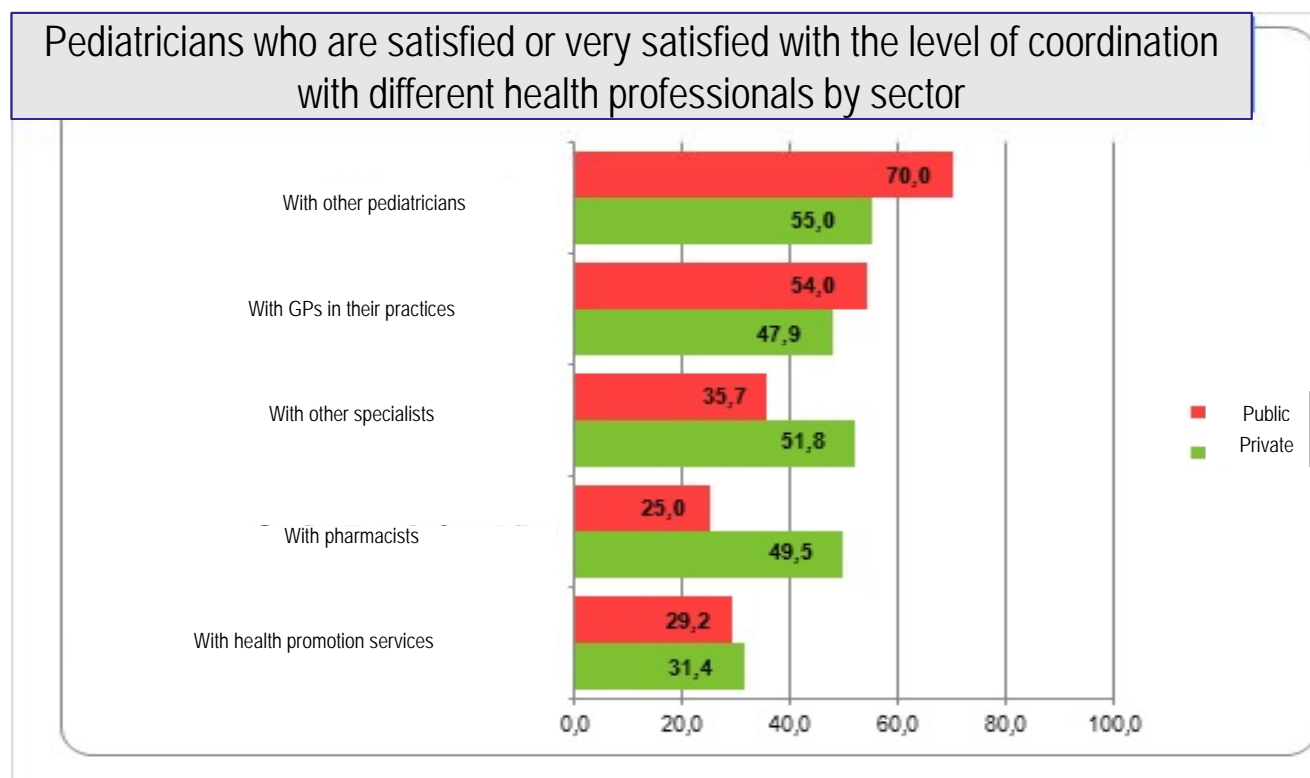
Internet use by families does not usually help

Pediatricians who agree with some opinions about Internet use by parents to get information about children's health



Professional practice in changing times (4)

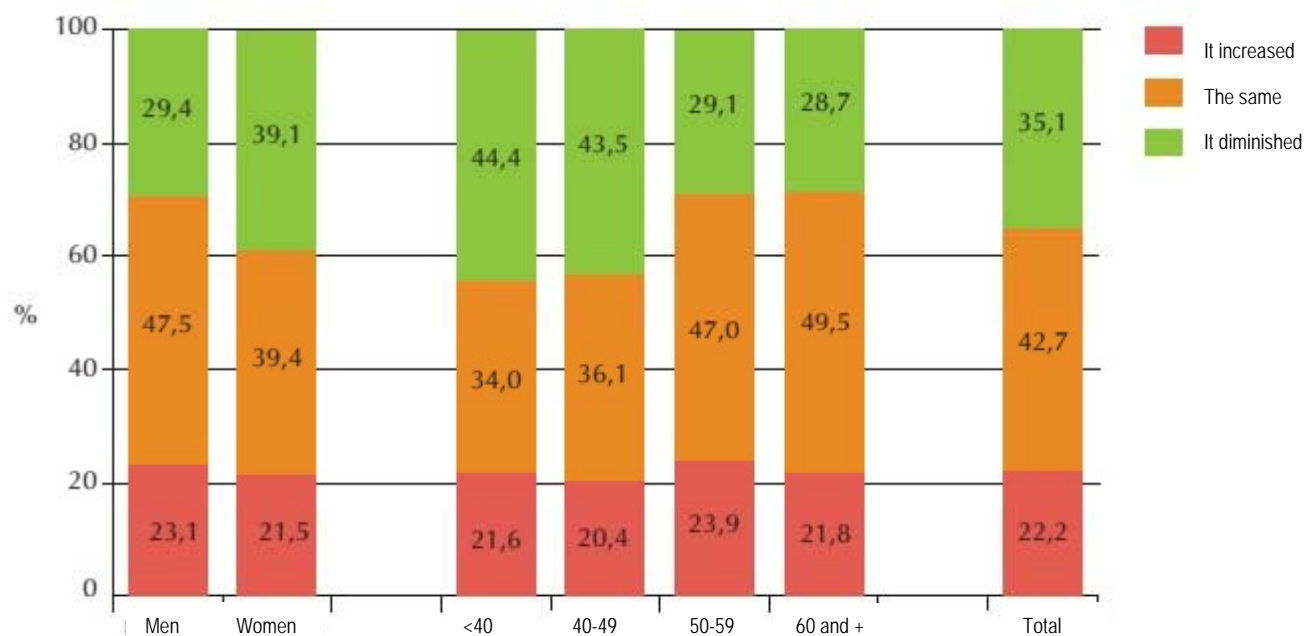
Not enough coordination between professionals and care levels



Professional practice in changing times (5)

Perception of loss of social status

Opinion about the evolution of credibility of pediatricians by gender and age



Conclusions

Typical profile of a pediatrician:

40-50 years old women with high levels of education,

working as an employee in the primary care in the public sector, with few perspectives to be promoted, unstable schedules and intense days,

satisfied with their family life but with substantial domestic workload,

healthy lifestyles and good self-perceived health but risk of poor mental health,

psychosocial risks related to workload and low participation in decision making,

concerned about how the economic crisis affects their practice and their patients ...

Next steps

- Raising awareness to self-care among professionals: presentation of the results at scientific societies, conferences, articles for scientific journals ...
- Recommendations for organisations.
- Workshops for a healthier practice.
- Studies on health, lifestyles and working conditions of health professionals from other specialties and other health professions (pharmacists, nurses ...) to compare groups and follow their progress.

More information and access to full content

www.fgalatea.org/pdf/pediatres_cast.pdf