

THE LOCKDOWN REPERCUSSION ON THE RHEUMATOLOGIST'S LIFE

N. Bouhedja (1); L. Poulain (1); X. Grapton (2); P. Lemesle (3)
(1) Private Medical Practice, La Garenne-Colombes; (2) Swiss Hospital of Paris, Issy-les-Moulineaux; (3) C.H. Rives de Seine de Neuilly-sur-Seine,

Introduction:

We have just experienced an exceptional period of time and it seemed interesting to know what this particular time of isolation in a population of rheumatologists has brought about.

Objectives:

To analyze what the doctor felt in his personal and professional life as a result of the crisis. To determine the reactions, feelings and attitudes that may have emerged during these weeks of confinement.

Patients and methods:

38 private practice rheumatologists from the Ile-de-France region, average age 63 yo, 58% male (M). 13 questions, 9 appendices, ranking of the most frequently cited reactions. Results: 3 feelings stand out: anger 71-84%, fear of being contaminated and of transmitting M 91/F 69%, concern about an unknown pandemic M 86/F69%.

Anger at the indifference to the exposure of doctors in the city 84%, the unpreparedness of the authorities M 95/F 62%, the mortality in EHPAD (Nursing homes) 81%, the media cacophony 79%, the hidden reality 71%.

On a personal level, according to 61%, the Rh is not anxious about the world after, has no psychological repercussions (sleep, melancholy, etc.) 58% and his degree of commitment was guilt-free 55%.

Professionally: perplexity in the face of the contradictions of experts and scientific journals 79%, wide acceptance of constraints in the practice (10h/d mask wearing, 92%, spaced reception of patients 95%, education of barrier gestures 97%),

adaptation of the exercise (teleconsultation, telephone consultation) 78%, fear of abandoning treatment or diagnostic delay M82/F62%, financial arrangements necessary M86/F53%.

For M: worries about the pandemic, anger and uncertainty about what will happen next predominate in this order. For F, anger (untruths and lack of means) is the main feeling. Anger, fear and uncertainty are the most frequently cited feelings.

Conclusions: The Rh at the end of this period of confinement is worried M>F and anger especially in front of the sanitary unpreparedness M>F. On a personal level the private life has been little affected F>M and he has been able to adapt professionally. Nevertheless, the de-confinement has not been a banal return to normal 63% M= F.