Dr Lesley Morrison

LOOK AFTER YOURSELF BY LOOKING AFTER OTHERS
The increasing pressures brought about by the COVID-19 pandemic has led to greater scrutiny and new literature focused on the wellbeing of healthcare professionals. Prior to this, in 2018, the General Medical Council’s report Caring for Doctors, Caring for Patients stressed the importance of doctor wellbeing on patient care and, more recently, the British Medical Association survey on the personal impact of the COVID-19 pandemic on doctors’ wellbeing highlighted that 41% of doctors were suffering with mental health conditions, with 29% of them saying this had got worse during the pandemic.2

This book is therefore very well timed and, with appraisals now focusing more on wellbeing, would be likely to earn some CPD points as well as providing plenty to consider and reflect on.

The structure is free-flowing and outlines thirty-two tools (one per chapter), which range from the more well-known (teamwork, psychological support, and self-compassion) to a broader outlook on improving your wellbeing by following your passions to tackle social and environmental issues. While this structure leads to many opportunities for neat segues between chapters, its looseness can lessen its impact, these are important values to instil in the GPs set to become the educators and leaders of tomorrow’s NHS. The point about looking after ourselves by looking after each other (and our planet) is well made and received.

I recommend this book to all GPs and medical students or doctors in training, whether they have an interest in general practice or not. However, I would suggest savouring it and reading just a chapter each week to allow for deeper, more valuable reflection and to give each tool the consideration and practice of use it requires.

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