



Being a Doctors in Training in times of COVID-19

Yassen Tcholakov – JDN Interim Chair





Presentation plan

- The Junior Doctors Network
- Being a Doctor in Training during COVID-19
- My story
- Outlook on the future



The Junior Doctors Network

What is the Junior Doctors Network?



- JDN Mission
 - Empowering young physicians to work together towards a healthier world, through advocacy, education and international collaboration

What is the Junior Doctors Network?



- Founded in 2010: we are celebrating our 10-year anniversary this fall!
- Working group of individual associate members of the WMA
- Open membership
- Represents doctors within 10 years of graduation
- Two in-person meetings per year (in normal times)
- Monthly membership teleconference calls

What does the JDN do?



- Meeting space for junior doctors with similar interests in global health from across the world
- Contribution to the WMA policy work
- Representation of the WMA at global events



Being a Doctor in Training during COVID-19



Impacts

- Increased workload
- Exposure to disease
- Changes to the type work
- Decreased teaching / training
- Changes to life plans



Increased workload

“There is the potential for standard working hours to be altered in these extenuating circumstances.”

Source: <https://ama.com.au/article/ama-advocacy-support-doctors-training-during-covid-19-response>

“These shifts are harder than I cerebrally thought they would be” – Dr Anna Yap

Source: <https://www.ama-assn.org/residents-students/residency/residency-pandemic-how-covid-19-affecting-trainees>



Exposure to disease

“We know people in their 20s have an extremely low risk of getting viral pneumonia from coronavirus. They’re obviously a very robust group that can be used,”

-Dr Julian Rait, Australian Medical Association Victoria president

Source: <https://www.smh.com.au/national/a-potential-solution-training-doctors-ready-to-join-fight-20200318-p54beg.html>

- Availability of PPE is also an issue



Changes to the type of work

“trainees may be asked to work outside of their usual clinical area/role or scope of practice”

Source: <https://ama.com.au/article/ama-advocacy-support-doctors-training-during-covid-19-response>

- Also different work settings

Source: Dr. Sejin Choi, presentation at the JDN Special Conference on COVID-19 on April 15th 2020





Decreased teaching / training

“the cancellation of clerkships, which are necessary for both skill acquisition as well as for relationship building, is a serious issue which students and medical schools must now resolve”

Source: <https://www.cureus.com/articles/29902-the-impact-of-covid-19-on-medical-education>

“Our emergency medicine administration and program leadership are doing the best they can to make sure we can protect our education, but that’s all in the setting in which we have the luxury to do that” – Dr Anna Yap

Source: <https://www.ama-assn.org/residents-students/residency/residency-pandemic-how-covid-19-affecting-trainees>



Changes to life plans

- JDN members being unable to travel home while working in countries other than their home.
- Junior doctors unable to start residency / fellowship training due to border closures, licensing restrictions, etc.

In summary



Stress, stress, stress

And the random acts of kindness



NEWS 20/04/2020 | 11:09
Kos to host German doctors for free as recognition for Covid-19 work



Coronavirus Tourism Travel

The southeastern island of Kos will host 170 German doctors for free as of Monday "in recognition and gratitude for their contribution in combating the coronavirus in Germany," the Greek tourism ministry said on Sunday





Outlook on the future



Where are we now?

- Most of the world is now living in a disrupted state
- Changes have been “imposed”



Where we are going

- COVID-19 is a systems disrupting event
 - Resetting of global value priorities
 - Just recovery / Green recovery
- Distributed globalization
- Environmental / climate change impact

Another way of putting it



Positive

1. Health interdependence
2. Global solidarity
3. Health is wealth & UHC
4. Public health is valuable
5. Stronger WHO (hopefully!)
6. Self-reliance among LMICs

Negative

1. Cuts to foreign aid
2. Extreme securitization
3. Nationalism, isolationism, xenophobia
4. Worse health & economies in LMICs
5. Greater dependence on HICs
6. Power imbalance is worsened



“As we plan our recovery from the coronavirus pandemic, we have a profound opportunity to steer our world on a more sustainable and inclusive path – a path that tackles climate change, protects the environment, reverses biodiversity loss and ensures the long-term health and security of humankind.”

-António Guterres

For more information about the JDN



<https://www.wma.net/junior-doctors/>