

## To deal stress and emotional fatigue AIIMS to open wellness clinic for doctors

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**The All India Institute of Medical Sciences (AIIMS) has decided to open a wellness clinic for its medical students and doctors**



The All India Institute of Medical Sciences (AIIMS), Delhi has decided to open a wellness clinic for its medical students and doctors.

It will have a team of psychologists and vocational counsellors who will help the medical professionals deal with stress and emotional exhaustion.

AIIMS sees at least one suicide/attempt every year. "To address the larger issue of dissatisfaction or stress among students and residents, which drives them to suicide, the institute has decided to open a wellness clinic. In-principle approval has been given for it," Dr Aarti Vij, chief spokesperson of AIIMS.

She added that plan was to have at least two psychologists and a vocational counsellor to begin with and, then, expand the team further. "We will also institute a 24X7 helpline for medical students and doctors. It will be run by the psychologists and counsellors only," Vij added.

"Many students coming from rural areas have problems coping with the academic burden. Some of them need guidance. Senior residents often face problems due to long working hours and lack of hostel facilities. Some of them live in cramped rooms. These issues must be addressed too," Dr Vijay Kumar, a senior resident at AIIMS, said.

Encouraging doctors to talk about their problems, improving the work environment and addressing issues like poor doctor-patient ratio and lack of resources could help, said experts.