

# Medicina, profesia însingurării

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# Loneliness and social isolation as risk factors for mortality: a meta-analytic review

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## Abstract

Actual and perceived social isolation are both associated with increased risk for early mortality. In this meta-analytic review, our objective is to establish the overall and relative magnitude of social isolation and loneliness and to examine possible moderators. We conducted a literature search of studies (January 1980 to February 2014) using MEDLINE, CINAHL, PsycINFO, Social Work Abstracts, and Google Scholar. The included studies provided quantitative data on mortality as affected by loneliness, social isolation, or living alone. Across studies in which several possible confounds were statistically controlled for, the weighted average effect sizes were as follows: social isolation odds ratio (OR) = 1.29, loneliness OR = 1.26, and living alone OR = 1.32, corresponding to an average of 29%, 26%, and 32% increased likelihood of mortality, respectively. We found no differences between measures of objective and subjective social isolation. Results remain consistent across gender, length of follow-up, and world region, but initial health status has an influence on the findings. Results also differ across participant age, with social deficits being more predictive of death in samples with an average age younger than 65 years. Overall, the influence of both objective and subjective social isolation on risk for mortality is comparable with well-established risk factors for mortality.

## 2018 - primul Minister al Singurătății (UK)



Jo Cox (1974-2016)

- social prescribing
- link worker
- cercetare

# 2022 - AMA recunoaște singurătatea ca problemă de sănătate publică

Recognizing loneliness as a public health issue and supporting evidence-based efforts to combat loneliness

With extensive research showing evidence of the strong causal relationship between social relationships and longevity, the AMA adopted policy today identifying loneliness as a public health issue that impacts people of all ages. The new policy also supports evidence-based efforts to combat loneliness. Studies show that loneliness is not only a significant predictor of functional decline and premature death similar to, or exceeding, the risk from obesity, but loneliness in adolescence is associated with impaired sleep, symptoms of depression, and poorer health in general. According to the U.S. Surgeon General, loneliness is a public health issue that predates, but has been intensified, during the COVID-19 pandemic.

## Medicine is one of the loneliest professions

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Doctors and lawyers are among America's loneliest workers, followed by people who work in engineering and science, according to [a survey published in the \*Harvard Business Review\*](#).

Researchers surveyed 1624 full-time employees on the degrees of loneliness and social support they experienced daily, both in and out of the workplace. Respondents with graduate degrees reported higher levels of loneliness than those who had completed only undergraduate studies or high school. Lawyers and doctors were the loneliest by far, reporting levels of loneliness 25% higher than respondents with bachelor's degrees and 20% higher than those with PhDs.

# Viața Medicală, septembrie 2013

Singurătatea. Suntem o breaslă, dar solidaritatea noastră este, în cel mai bun caz, teoretică. Decenii de adaptare la mediu ne-au tocit adânc simțul comunității. Când cetatea e sub asediu, rezervele de umanitate din noi ar trebui să fie mobilizate. În lumea noastră de mijloc, fiecare se luptă doar pentru el, iar ceilalți pot să moară. Suntem, ca atare, foarte ușor de înfrânt și ținut în șah, de scos țapi ispășitori pentru deceniile de incompetență guvernamentală, de înlocuit atunci când nu mai suntem necesari. Fiecare vorbește doar pentru el însuși, dar aproape toți alegem să tăcem.

Și ce singurătate e mai mare decât cea din propria ta cetate, atunci când nimic nu te oprește să pleci în altă țară, când nu ai nimic de pierdut?

# Particularități ale singurătății medicilor

- Izolare socială?
- Rețea de suport social?
- Absența unui partener?

## Particularități ale singurătății medicilor

- Sacrificiul vocațional
- Însingurare existențială - contractul socio-empatic cu pacientul
- Însingurarea sistemic-profesională
- Însingurarea în interiorul relației medic-pacient
- Însingurare de uzură (burnout)
  - „Counting on nurses and doctors to suck it up because you know they won't walk away from their patients is not just bad strategy. It's bad medicine.” (Danielle Ofri)



“People often ask if it is a calling, and my answer is always yes. You can't see it as a job, because if it's a job, it's one of the worst jobs there is.”

Paul Kalanithi, *When Breath Becomes Air*



# Sfaturile minții celei de pe urmă

- Ce este un „doctor bun”?
- Ce este un „doctor uman”?
- Ce depinde de noi?

“Acquire the art of detachment, the virtue of method, and the quality of thoroughness, but above all the grace of humility.”

William Osler, *Aequanimitas* 1889