

**Ronan O'Shea**  
**Speaking Points**  
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- Physicians in this province are the hardest working in Canada. We know, for instance, that doctors in Newfoundland and Labrador work an average of 56 hours a week, not including call. We also know that 60 per cent of the calls for help to our professional assistance program -- a service we share with pharmacists and lawyers -- are from physicians. These two statistics paint an alarming picture of physicians who are overworked and burning out.
- The common denominator in these calls for help is stress. As physicians struggle to balance the demands of an ever-increasing patient case load with the demands of family and personal life, relationships are left in tatters and the physician's own health is put at risk.
- The calls for help represent just the tip of the iceberg. Far too often, before a physician reaches out for assistance, the problems have reached crisis proportion. Many more physicians simply cope silently, allowing stress, burnout and illness build to unmanageable levels.
- We have reached our breaking point.
- We will no longer quietly shoulder unreasonable and unmanageable demands to prop up a crumbling health care system, sacrificing our families and our health for a government that does not value or respect us.
- We need more doctors. We need to share the load to ensure that our patients get the best quality care possible. We need to share the load so that physicians and their families no longer pay such a heavy personal price.