Psychological Influence and Countermeasure Analysis of the Physician-patient Relationship in the Employment of Medical Graduates

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Abstract. In recent years, the physician-patient relationship in China has become increasingly tense, which has also affected the employment psychology of medical graduates who are about to graduate: the physician-patient relationship let they have doubts about their goals in life and the direction of future development, and lack confidence to improvement of doctors' professional environment in the future. As a special group, medical students not only have the general characteristics of general medical patients, but also have a special mission to maintain human health and improve the quality of human life. Through questionnaire survey, this paper understands the psychological impact of physician-patient relationship on the employment of medical graduates, so as to provide corresponding suggestions for guiding students to establish correct professional values.

Introduction

In recent years, China's physician-patient relationship is becoming increasingly tense, patients' hurt medical staff incidents occur frequently. According to the Chinese Physicians Association 2011 survey shows that doctors want their children became a doctor percent only 6.80%. We can know from the survey, medical staff themselves are very worried about the medical environment tension between physician and patient relationship, doctors’ tension has seriously affected the medical environment and working mentality [1]. Medical graduates are in a special phase of transition to medical workers, in the process of contact with the real environment of medical institutions, their values and a sense of professional identity also gradually formed. In most cases, medical students as a special group not only have the characteristics of patients but also shoulder the responsibility of doctors. In the course of the internship, they are usually look at the teaching teachers dealing with patients in hospital as a third-party perspective. The understanding of the physician-patient relationship directly affects the individual's professional attitude and employment options [2]. This paper learns the impact of physician-patient relationship on the employment of medical graduates through questionnaire survey and makes recommendations for the existing problems.

Objects and Methods

Survey Subjects

The subjects of the survey were the full-time undergraduate students in the fourth and fifth grade clinical medical internships of Gannan medical university. A total of 500 questionnaires were distributed, 458 questionnaires were returned, and 435 valid questionnaires were collected.

Research Methods

The research group based on the current form of physician-patient relationship, self-made "medical graduates' perception of physician-patient relationship and employment intentions questionnaire," training investigators according to uniform requirements, explaining the investigation methods to respondents and requiring respondents to fill questionnaire in separately and carefully. The contents of the questionnaire mainly include: the interns' understanding of the
current physician-patient relationship, the cognition of the occupation and the impact of the current physician-patient relationship on undergraduate students’ employment. There are 25 questions in total, and the topic types are multiple-choice questions and quiz questions.

**Analysis of Survey Results**

**Medical Graduates' Understanding of Current Physician-patient Relationship**

In the cognitive relationship between doctors and patients, 65.3% of interns learned about physician-patient relationship information through media reports, and on this basis, about 85% of students recognized the credibility of the report. About 26.8% of interns are real doctors or patients who have experienced a tense physician-patient relationship.

In the degree of tension between doctors and patients, 43.2% of students chose “very nervous,” 41.8% of students chose “a little nervous,” 12.7% of students chose “general,” and only 2.3% thought that the current physician-patient relationship was “Harmony state.” 63% of clinical interns believe that the bad relationship between doctors and patients in China cannot be effectively resolved in the short term.

As for the causes of the current tension in the physician-patient relationship, medical intern due to living in such situation, so that them have good understanding. On objective factors, medical intern think the main reason attributed to country and hospitals. National factors mainly are such like unreasonable health care system, health insurance system is imperfect, slow health care reform (78.2%), Pharmaceutical production and chaotic management (67.8%), News media report one-sided news, sensational, exaggerated, misleading and even inciting the public's hatred doctor emotions (65.5%), and so on; hospital factors mainly are such like hospital management confusion (62.4%), hospital pursuit of economic efficiency excessive (50.3%), and so on. Subjective factors mainly due to doctors and patients. Doctors there is a lack of communication between doctors and patients (60.4%), Excessive treatment (48.3%), Poor attitude (33.5%), Professional and technical failure or other issues (25.6%); Patients cannot understand medical knowledge (52.4%). Patients expectations are too high for the treatment and diagnosis results (40.9%), lack of trust (16.5%), Have impure motives (10.9%), and other issues.

**Medical Graduates' Awareness of Doctor Career**

68.6% of medical interns believe that doctors are “high-risk, low-income” occupations, if you be a doctor, you will have no weekends, no vacations, no unpaid overtime work, and this intensity labor and pressure cannot be reflected in income; only 18.5% of medical interns believes that the doctor "has a stable job and is promising work." Although the vast majority of medical interns are dissatisfied with income, 42% of medical students firmly believe that doctors are one of the best professions and are proud of their future medical work. And 37% of the medical students said that they had a sense of superiority and pride in work as a doctor. With the time increase contact with doctors and patients, they can't feel the pride of this occupations. In terms of social status, more students (61%) believe that the social status of Chinese doctors is getting lower and lower, and they are not respected by patients. In the work environment. In fact, only 7.2% of medical intern believe that the working environment is comfortable and safe. All of the above findings indicate that the superiority and pride of the medical intern have been slowly reduced, and the low satisfaction with the occupation future.

**The Influence of the Current Physician-patient Relationship on the Psychological Impact of Medical Graduates' Employment**

At present, the physician-patient relationship is tense, and the employment situation of medical students is grim. About 52% of the students have the intention of postgraduate study. By continuing their studies, they aim to improve their professional level and enhance their competitiveness. About 68.7% of the students remaining want to choose enter the hospital to be a doctor right now. For these students, they will engage in themselves profession, they don't want to affect them future
development plan because of the changes in the medical environment; about 17.3% of the students said they will enter the hospital. But, due to the current poor medical environment, they cannot change the pattern at the moment, but choose a department that does not directly contact the patient and engage in administrative work to avoid risks; another 17.5% of clinical students are confused about the future, and it is not clear what career they want to choose. It shows that the career goals of most medical graduates are relatively stable, but the increasingly tense physician-patient relationship still affects the future development planning of a considerable number of medical students, so that student's life goals are not well defined.

**Suggestion**

Our country is currently in a critical period of social change. The medical system is constantly being reformed and revised. The employment situation is grim and complex. The supply of jobs in large cities exceeds demand, and the competition is also fierce. The increasingly tense physician-patient relationship also has an impact on the employment psychology of medical students. Combined with the findings of this survey, several suggestions are made:

**Medical Colleges Adding Medical Humanities Education Courses, Focusing on the Cultivation of Emotional Intelligence**

Under the increasing social pressure, the current medical students' sense of social responsibility is diminished, excessive pursuit of self-realization and self-worth, but neglecting the interests of the country and the collective. Most of the courses offered by medical colleges are based on medical expertise, ignoring medical students' cultivation of humanities education. The addition of medical humanities education courses can cultivate the lofty mission of medical students to “save the wounded and help the wounded;” on the other hand, through the courses of “medical moral cultivation for medical students” and “doctors and patients’ communicate” to improve medical students' humanistic thinking and communication skills. If we can deal with related problems in clinical work, then we might reduce the occurrence of adverse events such as physician-patient disputes [3].

**Medical Colleges Strengthen Psychological Counseling for Medical Students and Ease Their Work Stress**

Medical colleges should promptly discover the professional psychological state of medical interns and apply effective interventions to reduce or eliminate their bad emotions. At the same time, they should carry out psychological lectures regularly to take effective measures against the frustrations and pressures encountered in medical internships time. Counseling helps students to face the bad medical environment and unfavorable realistic factors, convenient for establish a correct outlook and values on life, and face the challenges at work optimistically.

**College Students Strengthen Professional Ethics Training and Establish Correct Professional Values**

College students are in the important stage of formation and development of outlook and values, professional interests on life, and they also have strong plasticity. The increasingly tense physician-patient relationship has a negative impact on the professional values of medical students. Medical colleges should strengthen the cultivation of medical students' professional ethics, so that medical students regard life-saving and voluntary service as their basic responsibility, adhere to doctor duties and carry forward the spirit of dedication and necessary self-sacrifice in medical practice. Medical students should also develop their own professional combine with serve the people wholeheartedly. At the end, medical students can better realize self-worth and improve the medical environment [4].
Medical Colleges Strengthening Internship Management and Guaranteeing Practical Training Effect

Medical colleges should strengthen the management of internships and improve the assessment system so that each clinical intern can fully grasp the theoretical knowledge, practical operations chance, improve professional quality, and lay the good foundation for future clinical work.

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