



Society of Rural Physicians of Canada
27TH ANNUAL RURAL AND REMOTE MEDICINE COURSE
Halifax Nova Scotia • Halifax Convention Centre
APRIL 4 - 6, 2019

Dr. Sarah Giles Dr. Sarah Mathieson

SESSION 227

Real Talk About Emotional Fallout in the ER

Everyone who practices any sort of medicine will eventually have a case that has a bad outcome or is emotionally difficult. Difficult cases in smaller communities present special challenges. In this frank discussion, we will review our personal experiences with difficult cases, attempt to normalize some of the feelings healthcare providers might have after a difficult case, and look at ways of prospectively preparing for the inevitable.

By the end of this discussion, participants will be familiar with: 1. Imposter syndrome and self-doubt. 2. Several coping mechanisms for dealing with difficult cases. 3. Strategies to help prospectively prepare for difficult cases.