

TIME MANAGEMENT AS A RESOURCE IN THE WORK OF FAMILY PHYSICIANS

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Abstract

Time is an important resource for us, especially because it is limited, cannot be produced, cannot be recovered and cannot be reversed. Each of us has the same kind of time that is measured in the same way. Aim. The evaluation of the family physicians' opinion from Bihor County regarding the factors most commonly incriminated in inadequate time management in their practice. Material and method. The study was conducted on a lot of 96 family physicians who work both in urban and rural areas of Bihor County. Conclusions. First among the causes of staying over the program is represented, in both rural and urban areas, by the necessity of preparing statistical situations and increasingly intricate papers. The second place is occupied by the obsessive request for medical assistance from certain patients who present themselves, sometimes several times a month, for common health problems.

Key words: management, time, family physicians

INTRODUCTION

The period we live in is characterized by multiple changes, being a stage of uncertainty and confusion for some and a favourable period with many opportunities for others. Therefore, time becomes an important resource for us, especially because it is limited, cannot be produced, cannot be recovered and cannot be reversed. (Certo S, 2004, Haynes M, 2003).

Each of us has the same kind of time that is measured in the same way. Most people complain though, that they do not have enough time, but studies show that half of our available time is wasted. (Covey SR, 2003, Hayden V, 1997). In time management it is necessary to set some goals and plan activities so as to stay within the given period of time. Generally, it is necessary to establish an order of priorities. (Dupont S, 2000).

In time management, understanding the difference between what is urgent and what is important plays an essential role. Urgent activities are primarily those running against the factor of time. Even if considered trivial or nonessential, they must be solved quickly, without being given a very long period of time. Important activities require special (increased) attention and more time to be solved. There are cases where a certain task is both

urgent and important, in which case a greater attention and a good time management are imperative.(Cetina I, 2001, Vladescu C,1999).

MATERIAL AND METHOD

The study was conducted on a lot of 96 family physicians who work both in urban and rural areas of Bihor County.

The method used was the opinion survey and the tool was the anonymous questionnaire with preformed answers. The questionnaire was applied april 2010-december 2010.

RESULTS AND DISSCUSIONS

As working hypothesis we started from the observation that 90 of the total respondents, their majority to be most exact, stated that, in order to complete the necessary consultations, they need to stay over the program.

The distribution of respondents in the urban area of Oradea, according to the frequency of staying over the program during the week, shows that a share of 32% belongs to those who extend their working program 3 times per week, 4 of the surveyed family physicians, representing 13%, say that they stay over the program 2 times per week and 25 % of the respondents say that they stay over the program even 5 times per week.

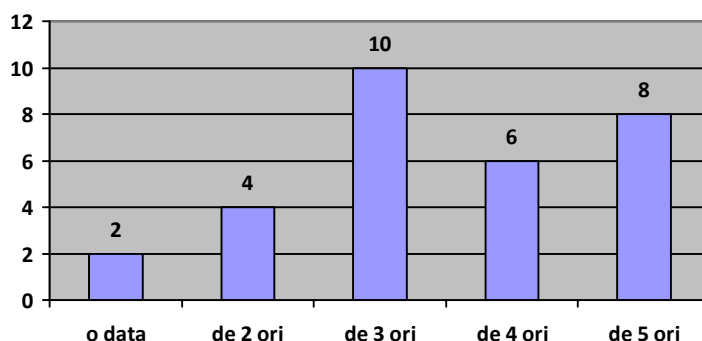


Fig nr. 1 Distribution of the respondents from the urban area of Oradea according to the frequency of staying over the program.

After questioning the 37 subjects from the urban area of Bihor County who stated that they are forced to stay over the program in order to complete consultations, we can conclude that a share of 32% stay over the program 5 times per week, that is daily, 9 subjects, representing 25%, stay over the program 2 times per week and 22% extend their program 3 times per week.

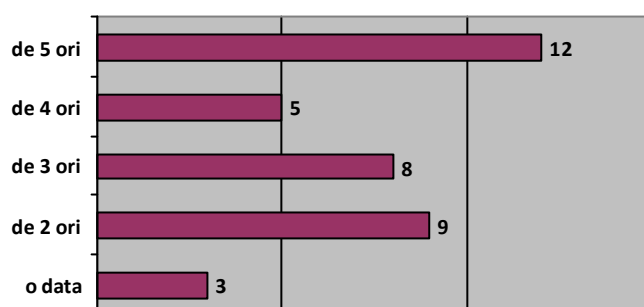


Fig nr. 2 Distribution of the respondents from the urban area of Bihor County according to the frequency of staying over the program

By analyzing the distribution of the respondents from the rural area according to the frequency of requested overtime per week, we can conclude that nearly half of them, representing 42%, say that their activity requires the supplementation of their working program 2 times per week while a share of 33% say they stay over the program 3 times per week

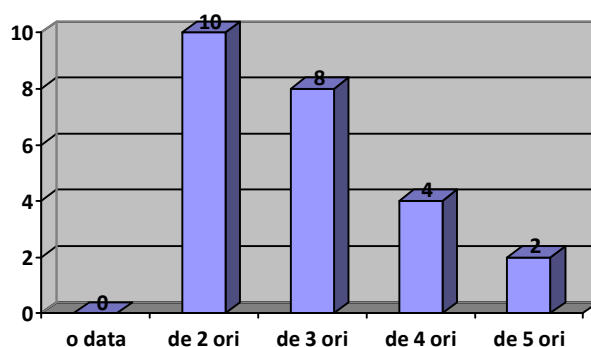


Fig nr 3 Distribution of the respondents from the rural area of Bihon County according to the frequency of staying over the program.

The analysis of the 56 responses given by the family physicians from Oradea to the question "What do you think would be the main cause of staying over the program?" led to the following results:

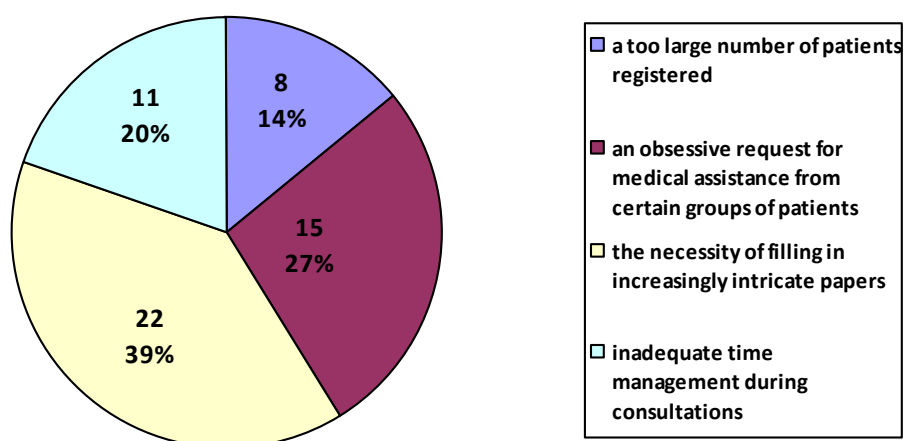


Fig nr 4 Distribution of the respondents from the urban area of Oradea regarding the reasons staying over program.

Of the total of 62 responses given by the family physicians from the urban area of Bihor County to the question "What do you think would be the main cause of staying over the program?", we can conclude that a share of 48.38% of the responses give as reason of staying over the program the necessity of filling in increasingly intricate papers, over one quarter of the responses, representing 32,25%, indicates as the main reason for extending their program the obsessive request for medical assistance from certain groups of patients who present themselves to the doctor with common health problems, 7 answers, representing 11.29%, say that inadequate time management during consultations (e.g. patients who complain of several diseases or who present irrelevant or wrong information, interruptions of the consultation, including telephone calls) would be the main cause of staying over the program, a share of 6.45% of the responses shows that the main reason for family physician's list and a share of 1,61 % shows non-responses.

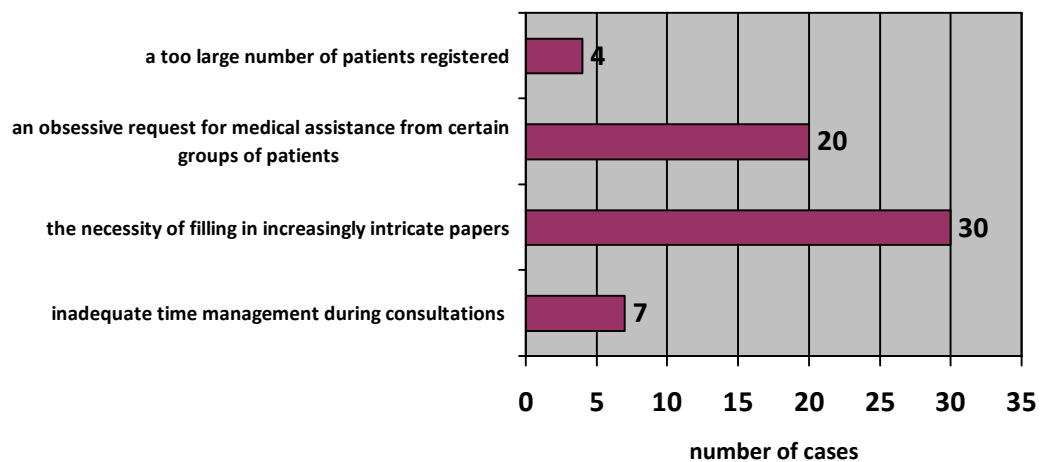


Fig nr 5 Distribution of the respondents from the urban area of Bihon County regarding the reasons staying over program

Approximately half of the answers given by respondents in rural areas, representing 42.85%, consider that the reason for staying over the program is due to the necessity of filling in increasingly intricate papers, a share of 40.47% is held by the answers that say that overtime is caused by the obsessive request for medical assistance from certain groups of patients and in equal shares of 7.14% respective 9.52% of the responses we find a too large number of patients registered and an inadequate time management during consultations as reasons for the necessity extending work program.

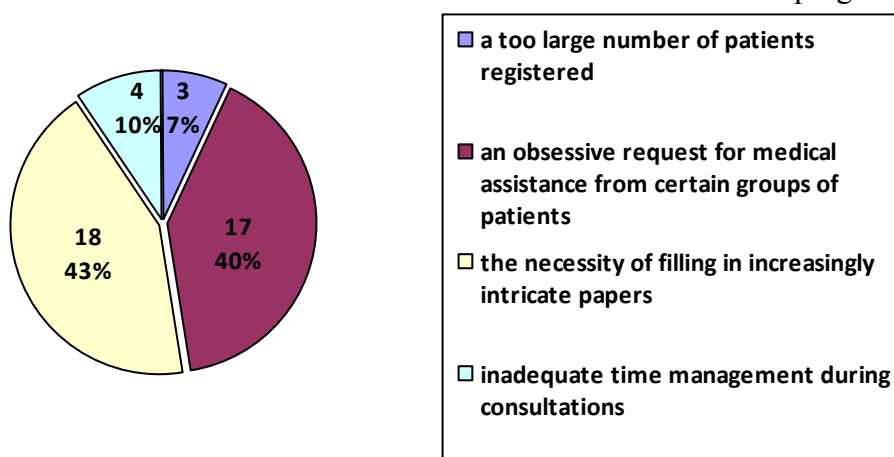


Fig nr 6 Distribution of the respondents from the rural area of Bihon regarding the reasons staying over program

CONCLUSIONS

1. First among the causes of staying over the program is represented, in both rural and urban areas, by the necessity of preparing statistical situations and increasingly intricate papers.
2. The second place is occupied by the obsessive request for medical assistance from certain patients who present themselves, sometimes several times a month, for common health problems.

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