INTRODUCTION

The care for the emotional comfort of professionals in the field of diagnostics, therapeutic, psychotherapy, counseling, correction, psychosocial activity in the mental health centers in the Republic of Bulgaria would be carried out through specialized support, which is a set of specialized activities aimed at the needs of professionals, through a special algorithm aimed at balancing the functioning of working clinicians themselves in a protected environment.

Much of the research that has emerged from practice in mental health clinics in the Republic of Bulgaria is aimed at offering a set of methodologies and strategies for improving the quality of life of patients, especially those with chronic mental illness. For example, the behavioral, emotional, and social disabilities of persons with mild mental retardation, as well as the treatment and support needs associated with them, are closer to those of people with normal intelligence than to the specific problems of persons with moderate and severe mental retardation. [4] Various strategies for improving the quality of life of persons with similar deficits are described and implemented, but at the same time no strategy is proposed to reduce the negative impact on staff working with such a contingent of patients. Even more severe emotional imbalances can occur in professionals working with persons with schizophrenia, since schizophrenic disorders are generally characterized by fundamental and characteristic abnormalities in thinking and perception, and with affect that is either inappropriate or inappropriate [4]. These clinical findings inevitably raise the question: how does dealing with such severe pathology affect professionals and what mechanisms can influence the negative effects of daily contact with mental illness, dysfunction and disorder.

It is assumed that occupational hazards are endemic to the profession of clinical specialists in the field of mental health that by choosing to work with mental pathology brings both strengths and vulnerabilities in choosing a career. Given the pressures facing clinical professionals working in inpatient mental health centers in today's society, how can we most effectively fulfill our ethical obligation to maintain competence throughout our professional lifecycle to provide high quality care for those that we serve? In this article, we propose to extend the current conceptualization of the functioning of psychiatrists, psychologists, clinical social...
workers, nurses and ergotherapists, as embodied in the widely publicized stress-distress continuum. The idea, by incorporating a positive dimension, can predict the potential of psychologists to develop through their practice of self-healing. Four basic principles are intertwined in our consideration ack effective care medical specialist in the field of mental health: focus on prosperity (not just survive), the intensity, the realization of mutuality in caring for themselves and others and the benefits of integrating GrisVatan for themselves in daily professional practices and combinations, rather than being added to existing personal and professional responsibilities. A review of the literature on psychological strategies for self-care, healthy lifestyles, mindfulness, acceptance-based therapies, and positive psychology informs approval of positive and consciousness-based principles and practices. These positive principles and practices are conceptualized as effective self-care that supports what (like what to do) in this area. Ultimately, efforts will focus on effective self-care, embedded in certain principles and practices, truly appreciated, supported and encouraged by the profession in a way that complements and maintains our continued well-being and professional competence. [2]

Stress and burnout are among the most common occupational diseases in healthcare professionals, especially those working with mental illness. Psychological morbidity affects both the quality of care provided to patients and the professional and personal life of the caregiver. Confirmatory factors include the health system, lack of time and insufficient training. The development of effective healthcare teams, good patient relationships and positive coping mechanisms appear to be burn-preventing. Early signs of stress are easy to ignore. It is important as health professionals that we recognize these signs and work to prevent the development of burnout in order to protect ourselves, our colleagues and our patients. [3]

Positive emotional states can promote healthy perceptions, beliefs, and physical well-being. In order to explore potential mechanisms linking pleasant feelings and good health, the authors examine several avenues of research, including (a) direct effects of positive effects on physiology, especially the immune system, (b) informational value of emotional experiences, (c) created psychological resources through states of positive emotion; d) ways in which mood can motivate health-related behaviors; and (e) obtaining social support. As expected by the Greek doctor Hippocrates, positive emotions and health outcomes can be linked in many ways. [1]

Following the idea of the biopsychosocial model of work with people with mental dysfunctions and disorders, it should be noted that the implementation of this model for the prevention of professionals working in mental health centers in the territory of the Republic of Bulgaria, it is fully related to their normal functioning. only in and outside the work environment. [5]

Focusing on the emotional comfort of clinicians, working with mental pathology is not given only to avoid state professional burnout, it is important that care at all about improving the quality of life of these professionals in the somatic, emotional, behavioral and social. Following the idea of better well-being aimed at improving the personal functioning of these professionals throughout 2019. A clinical study was started at the Mental Health Center with a hospital in Rousse, Bulgaria: at what emotional and social level are these specialists located. For this purpose, a questionnaire was developed covering the emotional and personal spheres of clinical practitioners providing specialized diagnostic and support services at the center. 180 professionals working at different levels at the Mental Health Center were covered. Of interest is the fact that, when the study was started, no negative reactions to the technology of the process were reported, as well as to its content. This led to the logical conclusion that professionals themselves feel the need for specialized support, not only professionally but also personally, in order to prevent disruption of their functioning and to improve their quality of life.

The research intention is that after the data from the research methodology in question are processed and analyzed, it should be offered in other mental health centers with a hospital in the territory of the Republic of Bulgaria, and from there also the process of certification as a valuable research tool should be started. The results of this study will be published at a later stage and the findings of the study will be presented.

Of interest is the fact that the questionnaire covers not only the functioning of the emotional sphere of the workers at the Mental Health Center with a hospital - Rousse, but also the personal and social sphere, as well as their somatic state during the study. The aim of the researcher is to prove the connection between the high stressors of working with mentally ill persons, his emotional, personality, social and somatic well-being. Hence, developing a program with specific strategies that have a beneficial effect on the emotional, personal, social and somatic functioning of the clinical practitioners, thus having a positive impact on their quality of life as a whole.

Preserving and enhancing the quality of life of a clinical specialist working at a Mental Health Center with a hospital will inevitably reflect on his motivation not only in the usual work process, but also on his desire to develop and improve, which in turn will increase the quality of care for people with mental disorders and dysfunctions.

The provision of adequate social support in all its spectra will positively affect the emotional comfort of clinical professionals directly involved in diagnostic and therapeutic work at the Mental Health Center with a hospital.

In recent years, there has been an increasing interest in people with mental disorders, not only from a clinical point of view, but also from a social point of view. Various studies are being developed and proposed for their functioning after the mental illness inflicts them. Various early rehabilitation programs are offered on an inpatient basis at inpatient mental health centers. Work is being done to deliberately return these patients to real social life. On the other hand, studies on the emotional comfort of mental health professionals are hardly done, with the exception of partial surveys of levels of burnout (occupational burnout). In this regard, we have developed a methodology for examining the emotional comfort of clinical practitioners working with mental illness, and our claims are to standardize it, as well as to create a program of strategies aimed entirely at enhancing the emotional comfort of clinical specialists, which will provide
better personal, social functioning, will positively influence their professional functioning and provide better quality care for people with mental illness, as well as in general will improve the quality of the life of these professionals.

References


