

**STRESS MANAGEMENT FOR  
NEWLY APPOINTED JUDICIAL  
OFFICERS @NJI 12<sup>TH</sup> JULY 2017.**

**BY**

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# DEFINITIONS

- Stress: Physical, mental, emotional factors that cause bodily or mental tension
- Can be External or Internal. Can be positive or Negative.
- Stress Management: Correct application of knowledge, attitude and practices to avert the deleterious effects of stress.

# REASONS FOR CHOICE OF TOPIC

- Not Bread and Tea. Life long. Demanding .Stressful
- Poor stress management: Killer of health/ productivity
- High productivity and good health despite stress.
- The Judicial Institute has been Prompt and Proactive
- Identify mines/traps that undermine productivity.

# STRESS CHALLENGES :

- Long hours, sitting, reading, poor posture
- Tendency to work with targets and time lines
- Insufficient Relaxation, Recreation, exercise
- Avert perception of taint or bias in duty.
- Security issues. Frequent travel lings
- 2 or more homes! Endless Financial request
- Female judges more prominent than spouse

# WORK RELATED STRESS CHALLENGES

- Disrespectful and poorly prepared counsels .
- Challenges of sitting and talking for long
- Unsolicited advice with high profile cases
  
- Judgement: Capital punishment, child custody
- Debilitated :Darkest side of human nature.
  
- BP rise +complications as they ascend bench.
- Conflict :Professional and personal values.
- Productivity assessment! NJC ! EFCC! DSS!!

# COMMON HEALTH CHALLENGES

- Infections: Malaria, Influenza, Typhoid
- Lifestyle Diseases i.e. Hypertension, Diabetes,
- Complications: Heart/kidney/Brain diseases, SDS.
- Aches /Pains: Poor posture, cold, weight, age
- Emotional issues i.e. anxiety, insecurity, loneness
- Cancers: Breast , Prostate, Cervix, Colon.
- Adverse drug reactions due to polypharmacy

# OBESITY: Gateway to Diseases.



# SAFETY ISSUES FOR JUDICIAL OFFICERS

- Security: Terrorist and aggrieved disputants
- Injury: Wet/slippery floors, Tripping. Shoes
- Protection against fire, electrocution and RTA
- Aches: Poor plan of desk, chairs, computers
- Contagious diseases Influenza, Tuberculosis
- Air conditioner vent directly facing / overhead
- Unguided use of Drugs i.e. Pain killers



# Cardiovascular Health Screening

## Unmodifiable factors

- Age >40 years
- Gender M=Post menopause
- Race : Negroid
- History of Calamities

## Modifiable Factors

- Hypertension
- Diabetes
- High blood cholesterol
- Obesity
- Insufficient Exercise
- Alcohol
- Tobacco
- Stress

# Staging of cardiovascular Diseases

- Stage 1: Absolute Normalcy of BP, FBG, BMI ,
- Stage 2: BP > 120/80, BMI >26kg/m<sup>2</sup>, FBG
- Stage 3: BP>140/90, ED, Slump,
- Stage 4: Stroke, kidney failure, sudden death
- Progression: Stress, Infection, Exertion, anger

# Case study 1

- The judge had back/neck pain over 3 months.
- Stopped self medication : BP rise. No pain relieve
- Failed posture test: To sit, write, drive, bend
- X-ray Neck and back: Accelerated aging of bones
- Posture education, physiotherapy, neck collar.
- Prescribed chair hastened recovery.



# Case study 2

- The elderly, overweight Judge: breathless, chest pain with exertion, emotion, cold, eating but relieved by rest.
- Hypertensive/diabetic for 25 years.
- No exercise, poor diet, No Aspirin
- BP averaged 160/100 , fasting blood glucose 9-10mmol/l and total cholesterol 5.8mmol/l.
- ECG and Echocardiogram were unremarkable
- Angiogram: blockage in two heart arteries
- Double by pass surgery abroad! Improved,



# Management of Blood pressure

- BP >120/80-139/89mmHg, start investigation
- Conservative care : ideal weight, diet, exercise

BP>140/90 on 3 events , alarm symptoms etc.

- BP treatment early: Avoid costly complications
- BP control priority over glucose control.
- Treatment target: 110/60-119/79mmHg.





# Dietary management

- Eat to live to be healthy, fit and productive!
- Freshly cooked vegetables 4-5 times a week
- Salads: Well washed 5 times a week
- Fruits: Daily especially in the mornings
- Preferably fish > chicken > white meat
- Avoid fried foods, Excessive sweet things, salt
- Water liberally, Fast periodically, No alcohol
- Need for guided use of supplements.



# Stress Management

- Strong infrastructures to cope with stress .
- Family, work, friends, health and spiritual
- Vegetables, fruits, salads, fasting, supplements
  
- Exercise to avert pains and cardiovascular fit.
- Mastery to contain anxiety , anger, depression,
- Sleep of high quality for 6-8 hours daily.
  
- Recreation, holiday, romance: avoid burn out!
- Spiritual activities: Prayers, fasting, alms giving

# Personalized Care?

- Know yourself. Be true to self. Respect self!
- Frequent hospitalization/ High medical bills?
- BP consistently  $>140/90$  and FBG  $> 10\text{mmol/l}$
- Ravaged by aches/pains: back, neck, shoulder
- Presence of multiple diseases: Hypertension, Heart disease, Diabetes, Kidney disease, etc
- Productivity issues : Lagging behind in work schedule
- Challenges of conjugal duties. Poor sleep



# THANKS FOR LISTENING

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# FOUNDATION PREVENTIVE CLINICS

- Medical Examiners/ Auditors
- Stress Management / Fitness Consultants
- Lifestyle Disease Managers
- Disease Prevention Advisers
- Personal / Family/ Corporate Physicians
- Health Enlightenment / Motivational speakers
- Medical Rehabilitation Consultants
- Accompany and Oversee Client's care Abroad