

The practice of intensive care medicine as a stress situation El ejercicio de la medicina intensiva como situación de "stress".

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A study about the problem of stress in physician who work in intensive care units requires a previous reflection about the stress concept itself. Selye's conception undoubtedly signified a great progress for the comprehension of the processes of biological adaptation, but it seems it can not be easily applied to the psychological and social field. The decrease of psychosomatic diseases during the last world war is one of the many examples that make question the causal relationship between stress and disease. The concept of life event in anglo-saxon psychiatry is also discussed, as well as its attempt to measure the stressor character of these circumstances through a scale of points. The concept of "pathogenic situation" of German psychiatry is proposed in exchange. From this perspective, medicine in general and intensive medicine in particular can be seen as human activities constituting "pathogenic situations" for the ones who exercise them. The corresponding literature allows to esta