

# Medical marriage—making yours better

## Anesthesiology UofA November 2, 2012

### AMA PFSP

#### Strategies to Create and Maintain Intimacy Michael F. Myers [2001]

1. The culture of medicine has to change.
2. Set aside time and attention for the relationship.
3. Physicians should have their own physician.
4. Tap community resources.
5. Seek professional help for the relationship.

#### To strengthen your intimate relationship Dianne Maier [2007]

1. Spend 30 minutes a day of focused conversation with your partner.
2. Give up control and always being “right.”
3. Have a weekly date night.
4. Take vacations, vacations and vacations.
5. Learn more about enhancing your relationship together.
6. Seek professional assistance.
7. Create some time for yourself.
8. Take care of your personal health concerns through your family physician.
9. Take advantage of the new teamwork in medicine.
10. Support flexible practice hours and making a place for part-time physicians.

#### Day by day Matt Hanlon [2009]

1. Twice daily communication: the day ahead, the day done.
2. Prepare and eat food together.
3. Set boundaries between work/not work.
4. Be able to gear up and gear down.
5. Turn the techno-telecom down or off.
6. Respect partner’s time, activities and work.

#### Relationships: what works for physicians? Monica Hill [2011]

1. The key to knowing your partner is asking open-ended questions.
2. Finding ways to spend time together that fits with the weekly routine is key.
3. Create shared meaning? What do you and your partner want to accomplish before you die?
4. What is most important to you, as a couple, to teach your children?
5. A gentle delivery is one of the most important communication skills (The tone of the first three minutes of the conversation predicts accurately the outcome of the conversation, as well as the likelihood of the couple remaining together happily).

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