

TO BE OR NOT TO BE A SURGEON

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Human-being were born with different abilities. Not even two are alike, this in regard to mental, physical, social, and psychological capabilities. Some were born to be a singer, dancer, writer, actor or a doctor, while others were born to be out of any specification. So it is very vital for every one of us to be aware of this critical point.

No doubt one can strengthen some characters by reading, practicing or imitating the champions in a particular specialty, but it is impossible to be like those who carry the personality trait for the said specialty.

To be one among few in any particular field of medicine you have to possess so many personality traits that help in this matter. The serious interest and the inherent capability come on the top of everything.

Personally, I feel it is impossible to be one among few if you don't have the required traits, the serious interest and if you don't work hard to achieve the goal.

Every specialty and subspecialty in medicine requires so many characters; so to be a psychiatrist, physician, dermatologist, you have to have so many specifications and personality traits that match each specialty. It is basically your job to choose where to be located depending on your understanding of the requirement for that particular specialty or subspecialty.

In mind, also, there are advantages and disadvantages in every field, but probably the worst motive is the financial gain.

If your interest is to sleep well without trouble then go to the specialty where you will never kill, never cure and never have a call at night. This is the most suitable career that fits your admirations but remember, this intention will keep you out of the focus media. To live distinguished in surgical specialty you should have the heart of a lion, the eyes of an eagle and fingers of a lady but this will keep you not far away from heart attack. Probably, the most demanding specialty is surgery. You have to have so many personality traits to be a good surgeon and to be a very good surgeon the demand is tripled.

Sadly, so many colleagues squeeze themselves in this honest career without real estimation for their capabilities and the expected answer was failure for their outcome and bad reputation for the career. Surgeon should be a devoted believer in the honesty of his career; he should try his best to raise his specialty to the best to keep it in the best possible shape. He must always make himself perfect in his specialty or subspecialty which he is practicing. His belief in his specialty should be manifested in behavior and attitude at professional as well as personal levels. He should be truthful when he speaks,



write or give a testimony. He should be humble, modest and free from arrogance & self glorification.

Because of the prolonged time usually required for healing, he needs to be kind, patient, comforting and friendly. His words should be soothing and his effort towards his patient complaints should be prompt and caring.

He should provide medical care for the needy regardless of race, ethnicity, colour or religion.

His piety must restrain him from inappropriate physical or emotional feeling during patient's care. Provisional security is mandatory.

He should work with dignity to avoid emotional involvement with his patient.

So, to be a surgeon, you should have an impressive personality, clean, tidy, meticulous and totally away from bad habits.

Surgery is a science and art that create wound to cure another wound, this means we need a planning, doing and impacting.

For a surgeon to spare himself from a lot of troubles, he should know how to handle the odd patient, how to deal with colleagues mistakes and how to keep good relations with his colleagues, the community and the staff.

It is vital to admit failure in order to plan how to avoid it in the future.

To achieve a meaningful work, he should be a surgeon for today, tomorrow and even after tomorrow; capable of going hand in hand with the recent advances.

One very common mistake in our locality is the lack of proper written consent which is mandatory in European countries. Written consent protects the surgeon before the patient and spares him a lot of troubles. Potential complications must be discussed in advance. Patient screening is very vital; a surgeon needs to do a good screening before agreeing to operate on a patient. He should ask questions that help him to accurately ascertain the emotional state, the organic state and the expectations of his patient.

A high index of screening will certainly reduce or may even abolish the suffering of the surgeon and the patient to a great extent. Ethical aspect should always be considered as a priority. Surgery should only be performed for the patient benefit & interest and is totally away from the surgeon's financial or other gains. It is a surgical crime to think that the patient is a vessel of a disease. We have to believe seriously that the patient is a suffering human-being and it is our prime job is to help him. A successful surgeon is not noted for his skills but by having a caring attitude about his patients and feeling their pain.

Having a good sense of humor without being crude or rude is also helpful. Honest thinking, honest telling of the lesion and the outcome of surgery is a necessity. The surgeon-patient relationship has a contractual basis and is based on confidentiality, trust and honesty. Both the patient and the surgeon are free to enter or discontinue the relationship. A surgeon has an obligation to render care only for those conditions that he is competent to treat.

It is up to each surgeon to call upon his experience, training, and his theoretical background to make the decision of when to operate and when to refer the patient to other qualified medical professionals.

Probably it is a good practice to sit down every night to write and ruminate the experience of the daily work.

Exchanging ideas with colleagues whether seniors or juniors is mandatory, very useful and beneficial to the surgeon and the patient.

Expected and unexpected complications may occur at any time so the surgeon should count for this, guard against and strongly capable to solve it very soon.

He should be ready and capable to say No for what is unknown to him and better to avoid compromise as a solution.

Surgeon should have the power of quick and perfect decision for the odd and unexpected operative findings. His scope of work should be within his available facilities.

A surgeon is not allowed to make trails or alterations without scientific basis. It is preferable to submit his suggestion for any alteration to a scientific committee to be based on consensus.

The pressure effect of the beneficiaries should be rejected.

Communication skills are very vital. It should be well known to every surgeon. Working as a team or group will help to give support and confidence and also reduce the chance of making mistakes; it is well known that two brains are much better than one.

One vital message a surgeon should carry, is to look seriously after his junior colleagues; it is impossible for them to build experience without his assistance. The art and tricks of surgical practice can never be gained by reading, writing or simply observing. They should be amidst of the scene and this is not possible without a faithful and caring escort. Another message is identifying the distinguished junior colleague, and then guides him to improve his capabilities, hoping to raise the flag after his senior. Also advice should be given from the start to those who are unfit for surgical practice to find another specialty that match with their capability and personality. I think this should be done to reduce harm on the patient and to keep good reputation for surgery. Considering patient and his suffering as a source of financial gain, is not only unethical but is a surgical crime, because patient's benefits should come as a top priority. Commercialization of the career should be resisted in all directions. Sadly, some medical representatives, make the red colour white, and tell information away from reality.

The dream of every society is to have a twelve star surgeon, which means a surgeon with the following specifications:

1. Up to date reader
2. Care provider
3. Decision maker
4. Good dissector
5. Problem-solver
6. Active thinker
7. Innovator
8. Communicator
9. Community leader
10. Ethics-holder
11. Hard worker
12. Tolerator

Depending on the above sentences, it is time for every surgeon to sit aside and ask himself, where is he from the above character? where is he from idealism? and how many stars he is carrying? Is he willing to purchase it all? Can he work hard to reach the optimum?. If not, it is preferable to be away from surgical practice and look seriously for a substitute so that harm will not touch our dear patients. On the contrary by having a high quality surgeon (12 stars), surgical practice will be smooth and quite, trouble free, carries good reputation and will have full success as a specialty.