The Duty that is, to be a Doctor... (Reflective Poem by Faiza Rashid)

You start as a budding seed to grow,
They always tell you, you reap what you sow
So, you form a concoction of brains & beauty,
Beauty of the heart and the mind to enter a profession with endless duty.

You sit your exams to the BMAT from SATS,
Then your friends tell you “you have to take maths!”
When you know better, they want a doctor that is well-rounded and empathetic,
Rather than someone who memorises statistics and is only academic.

A genuine interest in medicine and the thrill of motivation,
Is a key to exhibit your passion and dedication,
So take a humanities subject like Religious Studies centred on medical ethics
Likened to beneficence
And non maleficence,
Help the elderly,
From simply learning to take a patient history,
With a hope to work for the NHS which is an ever so courtesy.

Have stimulating conversations, ones that enrich the mind,
Reflect on your strengths and weaknesses on your journey to save mankind,
Nourish the abode you call your body - your own physical and mental health,
As this will aid when you begin to help those most vulnerable - which is the greatest wealth.

When you may choose to become a general practitioner,
You need to learn to educate patients, utilise ‘SOCRATES’ and become a petitioner,
For managing diet, even addiction whilst building patient rapport,
And have the communication skills to address conditions to account for.

Whilst working in the primary care sector,
It is important that respect is the vector,
For outpatients and all who may need a diagnosis,
To solve a problem and form a potential prognosis.

Or you may choose to work in A&E – (the prime framework being ABCDE),
Where Mandy was promised a mastectomy,
Yet the night prior to the mastectomy,
A car crash occurred and the crash occupants became a priority,
Using ‘SPIKES’, you inform Mandy her surgery’s cancelled in all honesty.

Albeit, you cannot do this all alone,
When you have a multi-disciplinary team to call your own,
Jobs amongst junior doctors, midwives, pharmacists and other healthcare professionals must be shared,
To maximise the millions of patients who are entitled to be cared.

- Above all, you are a human (and an aspiring medical student too!)
An additional piece of writing on my thoughts and applications of the other majority of values to study medicine in the UK (497 words.) - By Faiza Rashid

I have always and from an interpersonal judgement, regarded working in our beautiful NHS as a truly selfless act. Albeit, what truly is the essence of selflessness? The answer is entirely subjective yet if there were one profession to be the embodiment of a wide cohort of personal attributes (1) likened to dealing with the uncertain and having hope to prevail all worries, being conscientious enough to put others before yourself or raising one's academic portfolio and awarding to the highest standards; all to simply treat and take care of others – it will have to be a medical profession. As detailed in my poem, there are numerous of these attributes thought to be desirable for a medical student acknowledged from the Medical School Council and applied so in this context. Still, I desire to further entail how the above attributes stated apply to the world of medicine.

As humans, we desire answers, reason, logic even and hence why we have philosophy and philosophers who introduced the Western ethical tradition of thought in our society likened to Socrates. Ethics is highly significant in medicine to the extent that there are four key ethical pillars all medical professionals must abide by when facing matters such as abortion, genetic research or euthanasia (2) i.e. beneficence and justice as examples and likewise there is a framework used by General Practitioners and other Health Professionals called Socrates (like the philosopher himself!) Yet, what if we are faced with the uncertain? That is where the skilful A&E professions step in. Those working in the emergency department deal with uncertainty almost every working day. I think it is important to reflect and fathom how much emotional resilience this requires and thus, there is a great deal of respect from myself to all those who work on the A&E department from doctors to paramedics with no set structure yet there is still a framework to follow even in a highly demanding specialisation which is “ABCDE” and hence dictates that to be a successful doctor in this field, one must require not only innovation but logic too and this is integrated throughout the history of medicine.
Ultimately, a conscientious attitude is believed to lead to success in academics and in order to become accepted into medicine. Hence, those with a passion and desire to transform the lives of others will spend many hours studying in order to achieve their dreams, at the expense of their hard work yet most importantly, doing what is the most important job to sustain the lives of others. This teaches aspiring doctors to have faith and trust in the process and that there is beauty in the struggle and that all matters considered, it leads to success whether it be getting into medical school or in due course, conducting a successful operation. That is the biggest test and lesson of skills from even medical placements (3) in life which without a doubt, we will all learn and it upholds the values of humanity and the medical field overall.

References:

1) https://www.medschools.ac.uk/media/2542/statement-on-core-values-to-study-medicine.pdf
2) https://www.bartleby.com/essay/The-Four-Principles-Of-Medical-Ethics-FK4WDT36Z3Q
3) https://www.healthcareers.nhs.uk/explore-roles/doctors/medical-school/clinical-placements-medical-students
<table>
<thead>
<tr>
<th>Emergency Medicine</th>
<th>Mental Health</th>
<th>Elderly Medicine</th>
</tr>
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<tbody>
<tr>
<td>I made a mistake today... but I know I'm able to deal with tough situations next time I won't make the same mistake!</td>
<td>Emergency Dep (A&amp;E)</td>
<td>I used the Socrates method to try to diagnose an issue. It's really useful and helps me a lot!</td>
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<td></td>
<td>That's why I have to make decisions assessing 2 days are never the same!</td>
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<tr>
<td></td>
<td>I used the ABCDE method.</td>
<td></td>
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<tr>
<td>Surgery + Inpatient Medicine</td>
<td>Emergency Medicine</td>
<td>Primary Care (GP)</td>
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<td></td>
<td>I have to be very clear about the possible treatment.</td>
<td>We need to discuss something that will appeal with your mental health.</td>
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<tr>
<td>Healthcare is for everyone!!</td>
<td>I need to be honest about what my next patient who has been diagnosed with cancer / breast cancer.</td>
<td>On doctor...</td>
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<tr>
<td>Equality</td>
<td></td>
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<td>General</td>
<td>Palliative Medicine</td>
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**A+E with Severe Chest Pains:**

- **A =** normal obs
- **B =** breathing rate is ↑
- **C =** blood pressure + heart rate is ↑
- **D =** a lot of pain, needs painkillers
- **E =** normal obs

**TEAMWORK!**

**INVESTIGATIONS**

- Blood glucose - 12.7 - high
- Blood oxygen saturation 98% (normal)
- **ECG** - shows abnormality
- Chest x-ray - significant smoking
- Blood tests - troponin inflammatory markers are very high

**MAN IN HIS 50S COMES INTO A+E**

A junior doctor talks to the patient and performs an ABCDE assessment and a MONA test.

**MONA**
- Morphine
- Oxygen
- Nitrates
- Aspirin

**PCI - Percutaneous Coronary Intervention**

**ADVICE**
- I feel great
- Thank you doctor!

**The Junior Doctor Tells the Patient what he is going to do and performs the assessment, but he is not sure what painkillers to give.**

**The Junior Doctor Gives the Man Oxygen and Sends Him to Have a Chest X-ray, Meanwhile Another Doctor Helps Out and Gives the Patient Some Morphine.**

**The Doctor Uses Socrates to Understand the Patient's Condition, and They Discuss a History, Asking About Previous Health Conditions, Medication, Family History, and Lifestyle (occupation, smoking...).**

**The ED Team Come Up with a Management Plan and Explain Clearly and Carefully to the Patient what is going to happen, and Allow Him to Ask Any Questions.**

**Stuart was then booked in for a Percutaneous Coronary Intervention to Unblock the Coronary Artery and Keep the Artery Open with a Stent.**

**The Patient Makes a Good Recovery So the Doctor can Now Give Advice on the Patient's Lifestyle to Prevent This Happening Again, Such as Stopping Smoking and Improving Diet While Being Compassionate and Understanding.**
A VIRTUAL WORK EXPERIENCE REFLECTION

I'll be sure to take on all the communication skills I've picked up
   And adapt my communication style
   So that I can help whoever it may be,
   Help as much as I can, because that's all one can do.

Beneficence is what I aim and strive to complete,
   And the autonomy for each patient is essential, you'll agree.
With whatever I do, I do with the intention of non-maleficence
   And justice for all.

Sometimes I wonder, why don't I just take the easier route
   Ditch this doctor ambition and the hard work
But how can you leave something you've dreamt about for so long,
Dreamt even about the stationary you'll buy to put next to your name tag on your desk

Being a doctor is a lifelong ambition,
   Something you can't shake off as easily as it may seem
   It's a desire, a want, a must, a need
An itch that can only be fixed with the ointment of being a GP

What better way to call yourself than by 'doctor'
   Even though I may be behind a desk,
   In a clinic across the road,
I'll be making a difference where it matters most

And now with the aid of this work experience, I'm sure
Sure of what I want to do, with a full heart and conviction I'm certain,
More certain than anything I've decided on before
   I'm giving it my all.
BECOMING A GENERAL PRACTITIONER

The reason I started this project was to see whether I was fit,
   Fit enough to be what people would call a 'doctor'

Thinking about all the responsibilities and duties
   Undoubtedly overwhelms me
Then I remember why I started all this

I want to be a helper, a breath of fresh air to some
   I want to be part of something,
   Something bigger than just a job
I want to communicate with the healthcare assistants, the
   community midwives and the nurses
   Like how I've seen it happen all around me

Yes, inevitably there will be challenges,
   That might grind me down
Like the abnormally large number of patients
   walking through those doors
Or the rising elderly in our communities
But what is life without challenges to overcome?

I want my struggles to be surrounding others
   Should I give her a leaflet and let her go?
Or should I investigate more and find out what's hurting her the most?
   So many decisions I must make
   But what is life without decisions to make?

I want to call myself a part of something great
   And what is greater than the NHS?
   Which meet the health needs of everyone around
   Free at the point of entry
   Even if you can't pay

I want to be that sigh of relief for when people walk through those doors,
   The first point of contact for when people feel wrong,
   Taking their history with a smile
   Reassuring them and not giving them a hard time

When I do have to break bad news
   I'll be sure to follow the SPIKES method
   With compassion I'll try,
   Try to make it better