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AHMEDABAD FAMILY PHYSICIANS ASSOCIATION



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BALANCING PROFESSIONAL & PERSONAL LIFE OF A DOCTOR

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PRESIDENT & SECRETARY'S ADDRESS

Respected Seniors and dear members,

Happy and prosperous new year to all of you.

As winter is starting the number of COVID cases is also rapidly increasing in our city. Enjoy this new year, but not at cost of your health, be cautious to maintain SMS: Social distancing, Mask with properly covered face and nose, Hand sanitization.

Many of our members and their families are affected by COVID- 19, we pray to God for the well being of all.

This time many of our members served as 'Doctor on Call in Diwali ' a noble work for our society. I am very thankful to all.

Our own YouTube channel has been created, all the members are requested to 'subscribe' to it and remain updated with upcoming programs and activities of AFPA.

If you have any suggestions, please feel free to contact us.

Take care of yourself, your family, and society.

JAY AFPA





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LIVE WEBINAR ON PAIN MANAGEMENT

SPEAKER

Dr Shailesh Darji (MD.DM, Neurologist)

TOPIC

Approach to Headache



**10TH DECEMBER, 2020
THURSDAY**



4 PM TO 5 PM

SPONSOR BY : **JANSSEN INDIA
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**DR. ABHAY S. DIKSHIT WON
DR. R. K. NANAVATY ESSAY PRIZE
AT AHMEDABAD MEDICAL ASSOCIATION**



BALANCING PROFESSIONAL & PERSONAL LIFE OF A DOCTOR

INTRODUCTION

Doctors are highly motivated to be effective in their professional lives, but maintaining a balance with their personal lives is a challenge for all of us. How you maintain this balance will ultimately determine not only your success but also your happiness. I have noted that occasionally I feel discouraged about various aspects of medical care, such as the vast amount of paperwork I must complete in order to care for my patients or the continued decrease in reimbursements we are all experiencing. I get very discouraged when I hear doctors talking about leaving practice when this should be the most productive and enjoyable aspect of their career or when they state that they wouldn't recommend that their children or family enter the medical profession. I still believe that medicine is the most noble profession that provides the greatest satisfaction and gratification and that all we need to do is to find techniques of putting balance into our careers. In an environment that continually asks physicians to know more, do more and be more, is it really possible to practice good medicine and still have something left at the end of the day to be a mother, father, wife, husband, partner, son, daughter or friend?





1. Always Be a Student

Medicine is a lifelong commitment to learning. No doctor can be on top of his or her game if he or she is still using only the knowledge and skills learned when completing his or her education or training. Balance is achieved if you continue the lifelong pursuit of knowledge. A medical career is a journey and not a destination. You should always make time to be a student for your entire career. Sir William Osler, honorary professor of medicine at Johns Hopkins University, recommended to physicians and students at the end of the 19th century: "In order to receive the education of not a scholar, at least of a gentleman, you should read for a half hour before you go to sleep, and in the morning have a book open on your dressing table. You will be surprised how much can be accomplished in the course of a year."



2. Be Ethical

Most of us have received very little training in medical ethics. All of us have or will be faced with making ethical decisions on behalf of our patients. Balance in our lives includes making the right ethical decisions at the right times on behalf of our patients. Perhaps the best I can offer when confronted with an ethical issue is to do what is in the best interest of the patient and you will probably make the right decision. Most state licensing boards now require that continuing medical education include regular courses in ethics. Regard this not as a burden but rather as an opportunity to look at your patients and your profession from a different and balanced angle



3. Take Active Control of Your Finances

Most young doctors today enter practice with debt, which will take years to pay off. However, balance comes from financial security at the end of your career when you can practice because you truly enjoy the practice of medicine, not because you have to work. In order to have that security and that balance, I recommend that you start the saving process early.



4. Learn to Say “No”

There is no faster road to burnout than taking on too many projects and accepting too many responsibilities. If any situation distracts from your family time, then you should probably turn down these requests. Remember it is not a sin to say “no.”

5. Set Your Priorities

Most physicians who have balance in their lives place their religion, their family, and then their practice in that order of importance in their lives. It is good advice, and it is never too late to spend one more day with your significant other, your children, and your grandchildren.





6. Find a Niche

Success is finding an unmet need, becoming an expert, and filling that unmet need. If you can do that, others will be knocking on your door to be your patients or to do business with you. It is amazing how successful you can be if you focus your energies on a single area of interest or expertise.



7. Hang Out with People One Generation Older or Younger than Yourself

If you are a young, then meet older, more seasoned doctors who can show you the ropes, share their valuable experiences, and give you wise counsel when you need it. If you are an older physician, hang out with the Gen Xers. This contact with younger people can keep you current, keep you energized, and keep you on top of your game. My advice is to balance your friendships

8. Exceed Patients' Expectations

To truly enjoy your medical practice, it is important to not just meet patients' expectations but to go beyond what is expected and exceed those expectations. I suggest that you adhere to "the extra mile philosophy." This can be accomplished by asking two questions: (1) What do patients want? (give them more of it), and (2) What do patients not want? (make every effort to avoid it). It's just that simple.





9. Be a Disciplined Doer and A Decider, Not a Procrastinator

Nothing adds more anxiety to our lives than having deadlines and commitments that we are having trouble meeting. If you have several projects looming in the future, break them down into smaller projects and make a calendar marking. Discipline can bring balance to the busy professional: clean out your inbox, fill up your outbox, complete your medical records before the delinquency notice arrives, and look for an end point to your day.



10. And Finally, Have Fun

The best advice to achieve balance is to take your profession seriously, but not yourself. Find ways to inject a little humour into your daily activities. Start your day by listening to a humour. A smile is the shortest distance between two people. Let us not forget that medicine is the most enjoyable profession and it can be the most fun and rewarding, especially if we add a little humour.



Following are few tips

1. Don't try to be too efficient. Take time to really listen to a couple of patient stories a day. We need to be fed by our patients.
2. Ask questions to yourself such as, "What makes you satisfied? What do you find upsetting? How do you deal with the death of a much-loved patient?"
3. Take a few minutes at the end of the day to think about the things that really bugged you. Make a list of them, if you need to, and then leave it at the office.
4. Seek insight from your elderly patients. Ask them how they've dealt with their struggles and disappointments. Their wisdom may be surprising.
5. Sometimes say, "This just isn't going to get done today," and work on accepting it.
6. Take regularly scheduled days off. Your patients and your staff will eventually expect you to be off and unavailable during that time and, since it's been worked into your schedule, you won't have to feel guilty for being out of the office.
7. Share with your patients your struggle to find balance in your life. It's likely they'll respond with uplifting words and concerned advice.
8. Ask your family what they need most from you. It may be something different than you think. (Ask your office staff too.)
9. When you're out socially with colleagues, make a real attempt to talk about things other than medicine. It will remind you that there's a world out there.
10. Learn when to multitask and when to focus wholeheartedly on things that deserve your full attention.
11. Eat at least one meal a day with your family or with a friend.
12. Develop a support system. Everyone needs family and friends to rely on, but baby-sitters, house cleaners and someone to take care of the lawn can also do a lot toward relieving stress!



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13. Don't get into the habit of going into the office on Sundays & also half day on some weekday.
 14. Make friends with a few people who will agree to never ask you to be their doctor!
 15. Remember that life balance is a shifting concept and you'll learn from your attempts to maintain it. Some days will be better than others.
 16. Realize that each one of us has our own mountain to climb. Try to remember to pause to enjoy the view along the way and to help and let yourself be helped by others you meet on the path.

Finally, time Management is very important for all the Doctors.

We can divide a day of 24 hrs. into 3 parts.

8+8+8

- **8 hrs. for Profession, Practice and updation of knowledge**
 - **8 hrs. for ourselves i.e. sleep, meals & some workout (exercise, walking)**
 - **8 hrs. again I divide into 4+2+2**
 - 4 hrs. for family**
 - 2 hrs, for friends**
 - 2 hrs. for Charity work & Religious prayer or meditation etc.**
- (This last two hours is very important because it is the time when you live with you within. It is our "ME TIME") (One can increase ME time).**

This schedule is ok in normal situation or routine. But in emergency your schedule may be changed. But to handle emergency is our priority.

THANK YOU