

How to Become a Great Doctor?

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Points to ponder...

2

- What makes a great doctor?

- **@Individual level**
 - How do you see yourself in 2050?
 - How do you prepare yourself to that future?
 - What's your personal rate of change?

- **@Institute level:**
 - How do you make great doctor?
 - How to identify potential great doctor ?
 - How to measure greatness in doctors?
 - How to nurture great doctor ?

Outline of the presentation

3

1. **Why**...have u chosen to become a doctor?
2. **What**...are the attributes of a great doctor?
3. **How**...can u become a great doctor?

1. Why...have u chosen to become a doctor?

4

- Think hard....introspect....What motivated u?
 - ▣ Status?
 - ▣ Fame?
 - ▣ Money? Or
 - ▣ Something else?
- Close your eyes, inhale deep and feel inside...your heart, your body:
 - ▣ Your dream?
 - ▣ Your Passion?- What inspires you?
 - ▣ What makes you happy?

Think beyond college...

5

What is your way forward?

- Personal goal...what u may like to be in 2050?

How will you like to be remembered at the end of the day?

- A wonderful soul who made the world a better place to live.
- Professional goal...what u may like to be in 2050?
 - Becoming a great doctor...a competent medical professional.

2. What...are the attributes of a good doctor?

6

Attributes of the good doctor

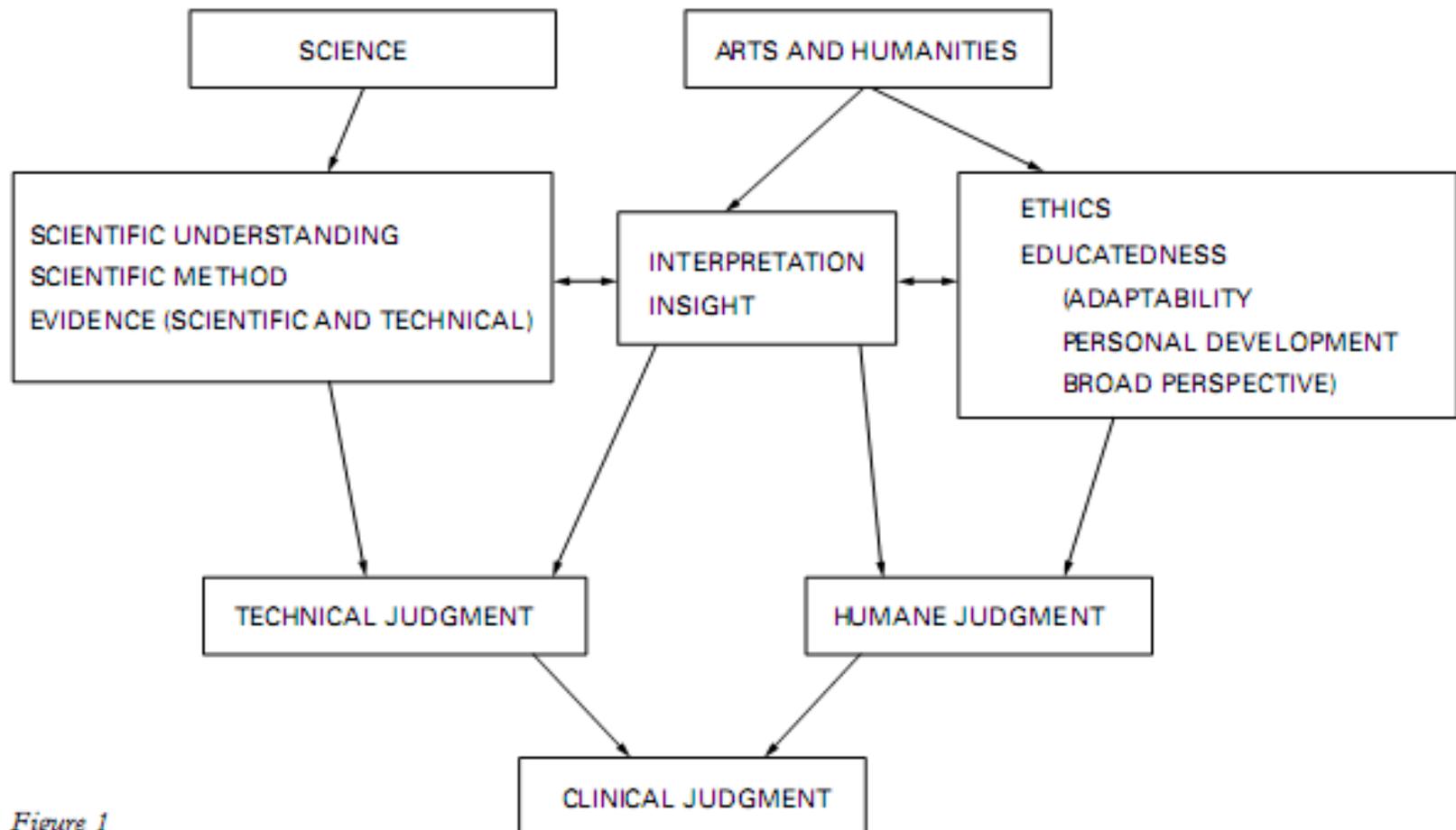


Figure 1

Medical professionalism

7

□ American Board of Internal Medicine Foundation:-

For many, **medical professionalism is the "heart and soul of medicine."** More than the adherence to a set of medical ethics, it is the daily expression of what originally attracted them to the field of medicine – a desire to help people and to help society as a whole by providing quality health care.

Medical professionalism

8

- Royal College of Physicians report in 2005-
Doctors in Society: Medical Professionalism in a Changing World.
- Medical professionalism is:
“A set of values, behaviours, and relationships that underpins the trust the public has in doctors.”
- The RCP working group concluded that in their day-to-day practice, doctors are committed to:
 - Integrity; -compassion; -altruism;
 - continuous improvement; -excellence;
 - working in partnership with members of the wider healthcare team.

Who is a medical professional?

Defining profession

- The word “profession” is an indicator of trust and expertise.
- The word, “Profession”, comes from the Latin "Professio", meaning taking an oath.
- A profession is a disciplined group of individuals who adhere to ethical standards. This group positions itself as possessing special knowledge and skills in a widely recognised body of learning derived from research, education and training at a high level, and is recognised by the public as such. A profession is also prepared to apply this knowledge and exercise these skills in the interest of others.

The purpose and practice of medicine

10

- James Spence in his book "The purpose and practice of medicine":-

"The essential unit of medical practice is the occasion when, in the intimacy of the consulting room or the sickroom, a person who is ill or believes himself to be ill, seeks the advice of a doctor whom he trusts. This is a consultation: all else in medicine derives from it. The purpose of the consultation is not the diagnosis or technical treatment of disease, it is the explanation and advice, with the diagnosis acting as a means to these ends".

The Indian Medical Council (Professional conduct, Etiquette and Ethics) Regulations, 2002.

11

Code of medical ethics

- 1.1.2 The prime object of the medical profession is to render service to humanity; reward or financial gain is a subordinate consideration. Who- so-ever chooses his profession, assumes the obligation to conduct himself in accordance with its ideals.
- A physician should be an upright man, instructed in the art of healings. He shall keep himself pure in character and be diligent in caring for the sick; he should be modest, sober, patient, prompt in discharging his duty without anxiety; conducting himself with propriety in his profession and in all the actions of his life.

The medical professional values

12

- ❑ The medical professional values may be summed up in six Cs:
 - ❑ confidence,
 - ❑ confidentiality,
 - ❑ competence,
 - ❑ contract,
 - ❑ community responsibility and
 - ❑ commitment.

3. How...can u become a great doctor?

13

- 1) Broaden your horizons
- 2) Strive for excellence in whatever u choose to become.
- 3) Lead yourself:

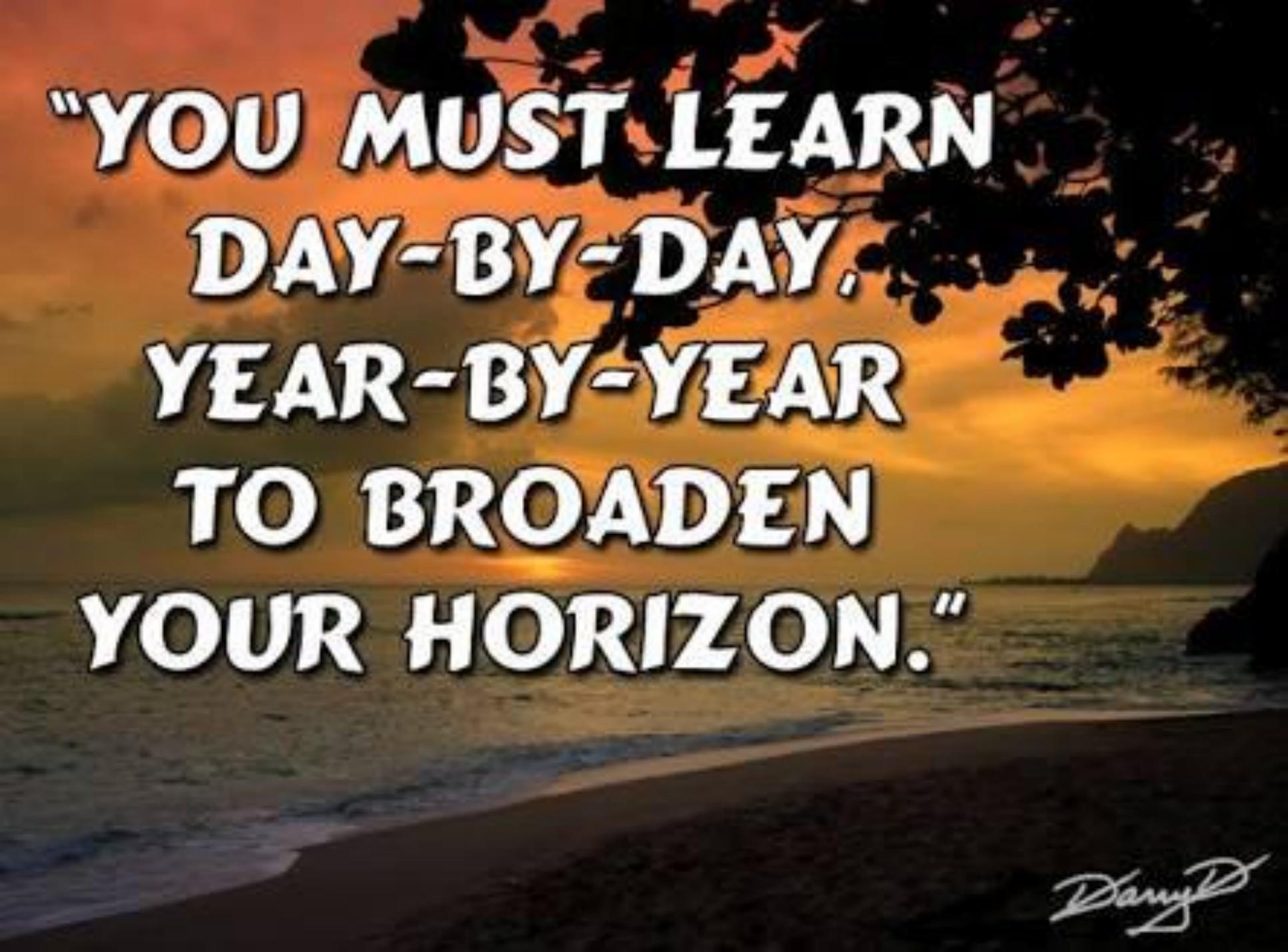
Personal transformation from a **medical student**---
to---> a competent **medical professional**.

3.1 Broaden your horizons

BROADEN YOUR HORIZONS

**The more you see
the more you
understand**





**"YOU MUST LEARN
DAY-BY-DAY,
YEAR-BY-YEAR
TO BROADEN
YOUR HORIZON."**

Danny D

3.1 Broaden your horizons

16

(1) Learn from life

- Life as a network of relationships
- Develop your emotional intelligence

(2) Study arts and humanities

(3.1.1) Learn from life

- Life as a network of relationships.
 - Change your focus from text/task/things ---to--> relationships in your life.
 - Each and every relationship matters.
 - Stronger are your bonds, more enriched is your life.
- **Giver versus taker:**
 - The more you will give, the more you will get!
- Develop your emotional intelligence

THE COAST-TO-COAST
#1 BESTSELLER

THE
GROUNDBREAKING
BOOK THAT REDEFINES
WHAT IT MEANS
TO BE SMART

Emotional Intelligence

Why it can matter
more than IQ

Daniel Goleman

Author of VITAL LIES, SIMPLE TRUTHS

What is *Emotional Intelligence* ?

- *Emotional Intelligence* is the **ability** to **identify our own emotions and those of others, to self-motivate ourselves** and **know how to monitor our emotions and those of the people around us.**



Four Areas Of Emotional Intelligence

Self Awareness	Self Management	Social Awareness	Relationship Management
<ul style="list-style-type: none">*Know your story & how it affects you*Make peace with your past*Know your beliefs, your emotions & your behavior patterns*Know your relationship patterns	<ul style="list-style-type: none">*Learn skills for breathing & relaxation*Complete your basic emotional healing work*Learn skills for soothing & motivating yourself*Maintain healthy eating & exercise	<ul style="list-style-type: none">*Understand nonverbal social signals*Develop a positive view of others*Understand basic human emotional needs*Understand "games" & personal integrity	<ul style="list-style-type: none">*Develop skills for reflective listening & empathy*Learn skills for healthy assertiveness*Learn conflict resolution skills*Develop skills for support & affirmation of others

(3.1.2) Study Arts and Humanities

21

- Arts
- Literature
- Drama and Films
- Music
- Philosophy
- History
- Sociology
- Psychology
- Behavioural economics

Why study humanities?

22

Art, literature, drama and music, in all their many forms, are expressions of human creativity; they reflect human joy and sorrow, and human celebration and reflection. Part of what it is to be a complete human being is to participate in some form of artistic activity, either as spectator, reader or viewer. Understanding this will help doctors to remember the purpose of their own art: to enable people to participate fully in life unhampered as far as is possible by illness or disability.

Benefits of studying humanities

23

- Listening with patience
- Observational skills
- Communication skills
- Skills of analysis and argument
- Decision making
- Self-awareness about our own cognitive biases in clinical decision making
- Understanding human behaviour better
- Imagination and creativity
- Empathy

3.2) Strive for Excellence

- ❑ All of you have worked hard and succeeded in your journey so far....Congratulations!
- ❑ Traditional formula for success and happiness:
Hard work—>Success→ Happiness
- ❑ Is it true?
- ❑ Recent research shows that the formula is actually backwards:
Happiness—> Success—**Excellence**
- ❑ Now, Strive for Excellence....to become a great doctor.

Success vs. Excellence

25

Success

- **Success** is achieving the best in the outside world.

Excellence

- **Excellence** is continuously becoming better than your best in your inner world.
- It is being in “**Flow**” -- an optimal state of consciousness where we feel our best and become our best.

Excellence is a habit...

26

“Excellence is an art won by training and habituation.

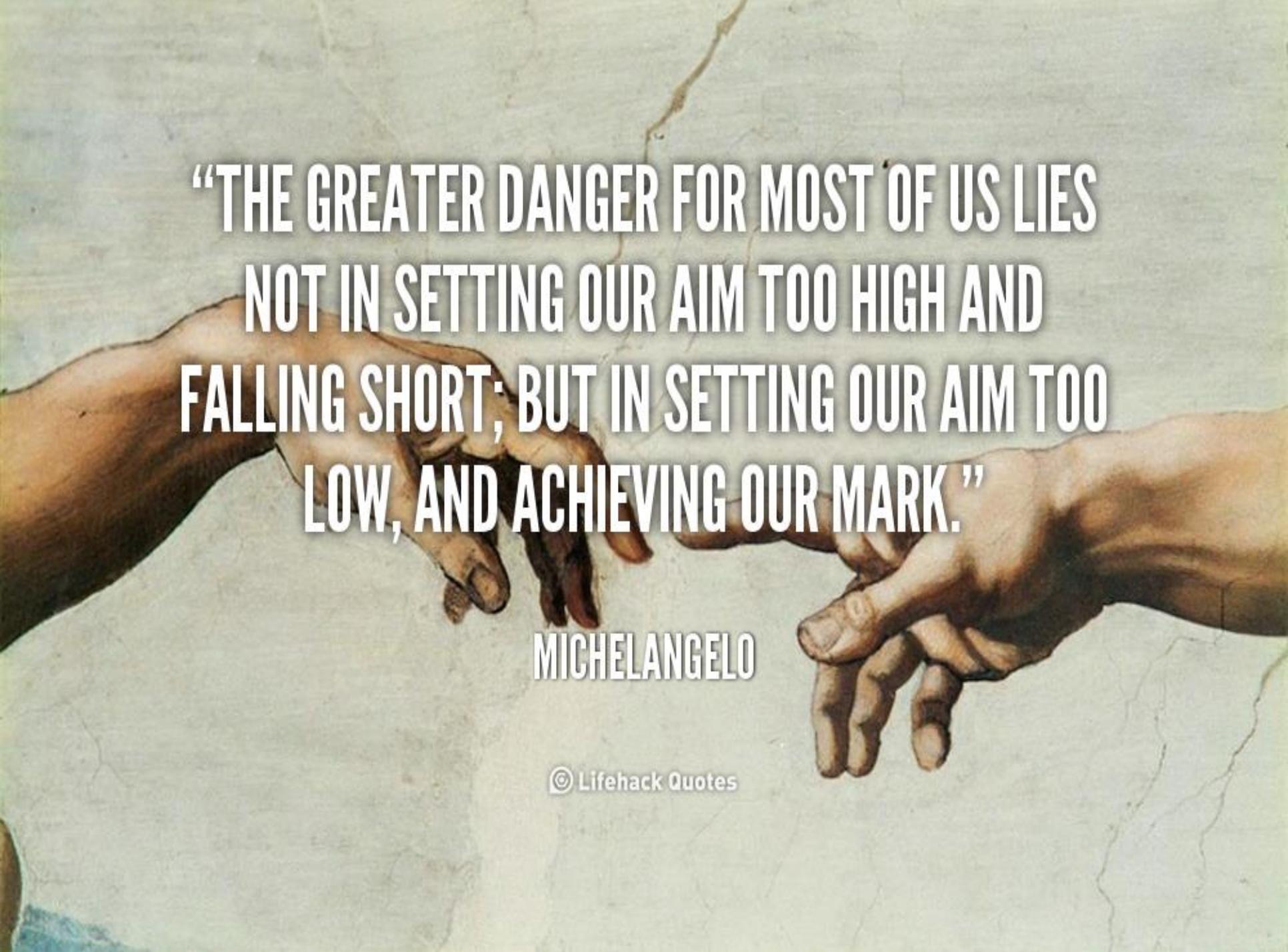
We are what we repeatedly do.

Excellence, then, is not an act, but a habit.”

---Aristotle



“Everyday we have an opportunity to create a living masterpiece.”
– Michael Gervais

The background of the image is a reproduction of the famous fresco 'The Creation of Adam' by Michelangelo. It depicts the hand of God on the right reaching towards the hand of Adam on the left, with a small gap between their fingers. The text is overlaid on this scene.

**“THE GREATER DANGER FOR MOST OF US LIES
NOT IN SETTING OUR AIM TOO HIGH AND
FALLING SHORT; BUT IN SETTING OUR AIM TOO
LOW, AND ACHIEVING OUR MARK.”**

MICHELANGELO

© Lifehack Quotes

3.3) Lead yourself --> personal transformation

The 3-C Model of Personal Excellence

29

A) Change agent :

- Find your dream and make a change.

B) Character

- To provide a moral compass during your journey

C) Competence:

- to convert your dream into reality

A. Change Agent: (1) VISION

30

- What is your purpose and mission?
 - Reverse the habit of ‘What-How-Why’ thinking.
 - Start with ‘Why’: Take time out to ask ‘Why’ am I doing what I am doing?
- **Vision:** Have “big picture” of your personal and professional life that drives you to bring change.

A. Change Agent : (2) ATTITUDE

31

“Mind your Mindset”

- **Growth Vs. Fixed Mindset**
- Strong drive and energy to excel
- Continuous self-improvement by learning
- Positive Mental Attitude

B) Character

32

VALUES & WISDOM

- Integrity
- Sincerity of purpose
- Commitment to duty
- Trust
- Grit and determination

C) Competence

33

(1) KNOWLEDGE :

The science of learning

- Technical domain knowledge:
 - Factual and Procedural knowledge
 - Explicit and tacit knowledge
- “Deep Smarts”: experience repertoire. intuitive expertise.
- Consilience: synthesis of knowledge from different specialized fields to develop unity of knowledge.
Study humanities subjects.
- Developing a "Big picture" understanding

...Competence :

34

(2) SKILLS:

The art of learning: Learning by doing

- Self-Management :
 - Self- discipline ; Time management
- Cognitive skills
 - Learning skills:
 - Senses; Intuition; Thinking;Feeling; Interpersonal
 - Analytical and problem solving skills
 - Convergent and divergent thinking
 - Decision making skills

...Competence

35

... SKILLS:

- Practical skills : learning by doing
- Communication skills
- People skills : Emotional and social intelligence
- Leadership skills
 - Initiative
 - Vision
 - Communicating the vision to team members
 - Inspiring the team to excel

Flow:

The secret of success & excellence

36

Deliberate Practice with Purpose & Passion



FLOW

Deliberate Practice with Purpose & Passion

The 10,000 Hour Rule of deliberate practice

- Deliberate practice is hard. It hurts. But it works.
- More of it equals better performance and tons of it equals great performance.
- Deliberate practice is characterized by several elements:
 - It is activity designed specifically to improve performance, often with a teacher's help;
 - it can be repeated a lot;
 - feedback on results is continuously available;

Flow – the secret of peak performance

38

Psychologist Mihály Csíkszentmihályi describes the mental state of flow as –

- Being completely involved in an activity for its own sake.
- The ego falls away. Time flies.
- Every action, movement, and thought follows inevitably from the previous one, like playing jazz.
- Your whole being is involved, and you're using your skills to the utmost.

How to get into Flow state

39

- ❑ **Have clear goals with specific feedback.**
- ❑ **Choose work that u love.**
- ❑ **Your skills need to be well-matched to the task.**
- ❑ **Striving for something that challenges your existing skills can lead to a state of flow.**
- ❑ **Strong concentration and focused attention** to the task at hand. Practice mindful meditation.
- ❑ **Avoid interruptions.** Multitasking and other distractions will disrupt the flow state.
- ❑ **It is essential to focus on the process and not the end state.**

Nurturing excellence at the Institute

40

- Design system for making great doctors. Create an environment for nurturing excellence:
 - Identify individual genius and provide resources to nurture them
 - Promote creativity in all aspects of institute life.
 - Clubs and other students' associations for pursuing hobbies
 - Invite speakers from different walks of life
 - Sports, health and fitness activities
 - System of mentoring by faculty/ alumni
- Section 14 of AIIMS Act 1956 – **Functions of the Institute:**
 - (c) Provide for the teaching of humanities in the undergraduate courses;
- Let it become an Institute for promoting professional excellence.
 - Integrate Humanities and Medical Ethics in the curriculum.
 - Teach Case studies of ethical dilemmas and how to resolve them

Rx for personal and professional excellence...

41

- Aspire big dreams to become a great doctor
- Believe in your self to accomplish those dreams
- Choose to grow and flourish
- Develop a strong desire to learn. Learn something everyday... Maintain a Daily diary...What did I learn today?
- Experience is the best teacher: Learning by doing
- Find your passion -- Do what you love

...Rx for excellence

42

- Have a strong foundation of character and integrity
- Read biographies of successful people...Meet as many of them as you can.
- Have Role Models
- Deliberate Practice > 10,000 hours; Practice with such intensity and commitment as if it is the last test of your life.
- Practice mindfulness: Concentrate on the moment without fear, or constraints
- Immerse in the activity. Focus follows flow.

Live your dreams...Create your destiny.
Sky is not the limit. Your mind is.

43



Explore. Dream. Discover.

Twenty years from now
you will be more disappointed
by the things you didn't do
than by the ones you did.
So throw off the bowlines.
Sail away from the safe harbor.
Catch the trade winds in your sails.
Explore. Dream. Discover.

MARK TWAIN

Go, Heal the world...
one person at a time.

Thank You