



How to Be a Good MEDICAL PRACTITIONER



Professional

It is of the utmost importance that you behave professionally in all your conduct. Your medical education will probably involve a discussion about what **professionalism** means and what you need to do in practice, but there are a couple of key concepts which are universal.

Doctor-patient confidentiality is extremely important. It is a fundamental strand of medical ethics. This also involves maintaining a professional distance from your patients. They need to feel **safe** in your company to disclose information at their discretion, and they need to be sure that anything they say will not leave your office.



Empathetic

Research has shown that patients who feel that their doctor has made a **genuine empathetic** connection - an attempt to understand how they feel and how their condition is affecting their everyday life - will actually experience a **reduction in pain**. If a patient feels they are being cared for by the right doctor who has taken an interest in their wellbeing, their body will suppress their awareness of the pain and they will experience a faster recovery.

Conversely, the stress of having a bad doctor who doesn't show an interest can actually prolong the patient's suffering. **Empathy** is a very powerful thing and is an essential part of any doctor's bedside manner.



Attentive

Some doctors will try to get as many patients through their door as possible. **They will rush appointments and make quick decisions**. This is often because they are trying to reach targets or avoid long queues in their waiting room, but it's not always best for the patients.

A good doctor will ask a few more questions than they need to and spend longer with their patients and build a bit of a rapport. This will help the patient to be honest with the doctor, making it much easier for them to diagnose any **illness or ailment**.



Progressive (forward-thinking)

The medicine industry is changing all the time and it's important that you are prepared to **keep up to date with new findings, innovative research and emerging theories at all times**. Even once you have graduated, you shouldn't stop learning. You also need to be analytical about everything you read. There are a few famous examples of medical discoveries which have changed the way a lot of professionals operate, which have later gone on to be discredited. The impact of these mistakes are huge and, in some cases, are still being felt a whole generation later.

Nobody expects you to be perfect or right all of the time, but it is essential that you are able to understand the impact of mistakes or poor judgement and keep your knowledge up to date.



Calm

Medical professionals work with the human body every day and it isn't **always pleasant**. There can often be unfamiliar situations and it can sometimes be **quite gruesome** too: this is especially true for medics working in an accident and emergency ward or surgeons working in an operating theatre.

It is important that you are able to cope with these situations to deal with situations **calmly and thoughtfully**. You must have a clear head so that you are able to make good, swift decisions when required. By doing this and by staying calm, the patient and their family can see that you are in control of the situation and they will find it easier to trust you.



Hard-working

People always need health care; no matter what time of the day or what day of the year, someone will need **medical attention**. Working in the medical profession often means working long hours, weekends and holidays. You may frequently face understaffing issues and odds are that most days you are going to have to **work extremely hard**.

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