How to be a resilient doctor in the 21st century
But first, thank you

... for your commitment to high standards of primary health care
... for your dedication to education and training and research
... for your dedication towards making a difference for the people of this country
... for your passion for high quality health care
“First, do no harm …”

Not only means do no harm to our patients

It is also about protecting the wellbeing of our families, our colleagues, our environment and ourselves
How to be a resilient doctor

• Resilience is the ability to remain strong and to grow stronger when facing adversity.

• To remain resilient and to care for others, we must also care for ourselves.
• “How do you know you have succeeded?”
  – Ralph Waldo Emerson (1803-1882)
  – Poet and philosopher
8 ways to be a resilient doctor

1. Value strong relationships
• “Be caring and curious about your patients’ stories.”
  – Dr Faith Fitzgerald
8 ways to be a resilient doctor

1. Value strong relationships
2. Make your home a sanctuary
• “More than anything else, the way we deal with loss shapes our capacity to be fully alive.

• “The way we protect ourselves from loss may be the way in which we distance ourselves from life.”

   – Dr. Rachel Remen
8 ways to be a resilient doctor

1. Value strong relationships
2. Make your home a sanctuary
3. Control stress, not people
• “General practitioners are saints, scholars and shop keepers.”
  – MK Rajakumar
  – Wonca President 1986-1989
8 ways to be a resilient doctor

1. Value strong relationships
2. Make your home a sanctuary
3. Control stress, not people
4. Recognise conflict as an opportunity
• “Honest differences are often a healthy sign of progress.”
  – Gandhi
8 ways to be a resilient doctor

1. Value strong relationships
2. Make your home a sanctuary
3. Control stress, not people
4. Recognise conflict as an opportunity
5. Manage bullying and violence assertively
“To sin by silence when they should protest, makes cowards out of good men.”
– Abraham Lincoln (1809-1965)
8 ways to be a resilient doctor

1. Value strong relationships
2. Make your home a sanctuary
3. Control stress, not people
4. Recognise conflict as an opportunity
5. Manage bullying and violence assertively
6. Have an annual health check up
• “A physician who treats himself (or herself) has a fool for a patient.”
  – Sir William Osler (1849-1919)
8 ways to be a resilient doctor

1. Value strong relationships
2. Make your home a sanctuary
3. Control stress, not people
4. Recognise conflict as an opportunity
5. Manage bullying and violence assertively
6. Have an annual health check up
7. Make your medical organisations work for you
• As primary health care practitioners we are all community leaders
• As leaders we have responsibilities
• Working together we can make a difference
“Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.”
“With great power comes great responsibility”
“With great power comes great responsibility”

Spiderman
8 ways to be a resilient doctor

1. Value strong relationships
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6. Have an annual health check up
7. Make your medical organisations work for you
8. Create a legacy
Albert Schweitzer
Albert Schweitzer

• “I don’t know what your destiny will be but one thing I do know.
• “The only ones among you who will be really happy are those who have sought and found how to serve.”
How do I know I have had a good day in my practice …

• I’ve asked the right questions and at least one person has cried and at least one person has laughed in my consulting room
• I’ve had at least one person tell me the real reason why they have come to see me
• I’ve increased my medical knowledge
• I’ve learned something new about human existence
• I’ve care about what happened to each patient and each colleague I have seen today
Dr Sun Yat-Sen

“If you believe in yourself, you can move mountains and fill in the ocean: no matter how difficult the task, you will see the day when you succeed.”
• Each of us has the potential to contribute our own lasting legacy through the examples that we set in the way that we live our lives

• Each of us has a set of values and principles which determine how we behave as ethical medical practitioners

• In creating our legacy we can also discover ways to build our resilience
5 ways to make a difference in the impact of your career

1. Identify the qualities you admire in your role models, mentors and colleagues and adopt them as your own.
5 ways to make a difference in the impact of your career

2. Uphold your integrity in everything you do.
5 ways to make a difference in the impact of your career

3. Develop goals for all aspects of your life
   - your spiritual life
   - your physical and mental health
   - your career
   - your relationships with other people, especially those who love you and provide you with support.
4. Provide support to your colleagues – the people who work alongside you every day and who share your commitment to delivering the highest possible quality care to the people who trust you for their health care and advice.
5 ways to make a difference in the impact of your career

5. Find the meaning and the purpose in your everyday work
   - and discover and then rediscover every day of your life the joy and the privilege of working in health care.
Be the change you want to see in the world

- Why are you working in family medicine?
- What is your passion in life?
- What do you want to have achieved in the next 5 years?
- And the next 10 years?
- How will you make a difference?
- Who are your role models?
- How will you inspire the next generation?
What will be your legacy?

• A lot of us entered medicine wanting to change the world for the better

• Working together, through organisations like the Lebanese Society of Family Medicine and the World Organization of Family Doctors (Wonca), we can actually do it
Always remember, no matter where you work and no matter what our governments do …

- Our important work as family doctors will continue

- Never forget that we are privileged to work in health and to work with our local communities

- Never forget that each of us makes a positive difference in the lives of our patients every single day