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<https://www.google.com/amp/s/www.studentdoctor.net/2019/02/22/consider-family-medicine/amp/>

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"Never stop dedicated to serving others, one day you will be someone's hope, someone's hero"

Written by : Sheikha Sultan Almansoori

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PROFESSIONAL IS NOT A LABEL YOU GIVE YOURSELF -- IT'S A DESCRIPTION, OTHERS WILL APPLY TO YOU

Professionalism can be defined in many different ways and from different perspectives. Professionalism is about a lot more than just following policies and procedures. It is also about having essential behaviors such as the right attitude, appearance, ethics, knowledge, competence, perseverance, dedication, self-improving, and many more. Student professionalism is much more than merely acquiring the best training and skills; it's also about how a person behaves and acts to achieve his or her goals. However, professionalism is not just for people with higher degrees. It's present in everybody's daily life regardless of his or her level of education. I did not directly experience unprofessional behavior, though I have come across one, which I felt was a very unpleasant thing to hear as a medical student. Back in 2016, my uncle was diagnosed with stomach cancer and had to undergo surgery. Firstly, the doctors were in a rush to get the surgery done without giving us proper information on the diagnosis, treatment, and after that. They seemed more interested in earning money out of us than treating a patient well. But we did not complain much cause the doctor was one of the best, and at the end of the day, we just wanted my uncle to be cured. But later, after the surgery, we heard rumors about the anesthesiologist having consumed alcohol before he went into the OR, which could not be bared at any cost. By god's grace, the anesthesiologist was inspected early on by his colleagues and was told to leave the OR immediately, which did not affect my uncle's surgery. However, later strict action was taken against the doctor by the hospital. Even though many instances were unprofessional by the healthcare team, there were instances where the doctors were taken seriously where they were able to recognize the doctor who wasn't fit for carrying on the surgery further. The action taken by the hospital satisfied both the patient and his family. Humans don't bear knowing how to develop a professional attitude. Still, to succeed in life, we have to learn and practice the right attitudes and behaviors that a professional person should have.



<https://www.popsugar.com/entertainment/Has-Good-Doctor-Been-Renewed-Season-3-45752809>

Message to Students from Faculty

I try hard to be professional in treating my colleagues and my student. For my colleagues, I always collaborate, exchange knowledge, and respect all of them. Regarding my students, I try to give them proper guidance whatever my physical, psychological, or social situations. An important professional aspect of being a professor is to assess all the students by using standardized methods and giving them an equal chance to express their abilities and to support them and consider any urgent or abnormal situations that may face them as a clinical doctor. In my junior time honesty and security of treating and helping the patients was a priority and I try to learn this as well to the new generations and at the same time try to guide the misbehaving students and redirect them to the proper professional attitude.



-Written by: Prof. Nagla Raafat-
PhD Biochemistry

Professionalism in a Medical Environment

Have you been in a situation in health care where you experience unprofessional Behavior from a doctor? Have you ever felt disappointed by your doctor because of his unethical Behavior? Maintaining a high level of professionalism is a must if we wanted to succeed. However, some doctors lack professionalism in their jobs. Professionalism is not only that you should respect your patient. It's also about how to get a job in the right way. Showing compassion to others, behaving reasonably, and responding appropriately to the patient are qualities of a professional person. In specific medical healthcare, while I had an appointment with a doctor, I have seen how professionalism is essential, and using unethical Behavior can lead to many complications in your career as a doctor. On Saturday morning, I went to the hospital to see the results of my blood test. At the same time, I was going to take my blood test results. I was waiting with the nurse to fill in certain information. I saw a patient who had undergone a Tummy Tuck surgery, which also can be called Abdominoplasty and the surgeon who has done this surgery was a surgeon in this hospital.

I heard their conversation. From what I have listened to, the patient experienced severe pain and various cosmetic issues, including bruising and scarring, and a final result that she wasn't happy with it. The patient also was having an infection and bleeding under the skin. While the patient explained her issue; the doctor was not respecting the patient, and his voice began to rise while he was talking to the patient. The doctor told her that what she feels from severe pain is a normal thing that does not constitute harm. When I have seen this experience, I have discovered the importance of being professional. I have realized that to be a professional person, and you should be able to achieve a set of tasks or standards. To be a professional, you should respect and behave appropriately, not like the surgeon I have seen in the hospital. The surgeon was unrespectable, and he was not responding to the patient appropriately. The doctor was dishonest with the patient because he has done a wrong Tummy Tuck Surgery. Also, he didn't use his knowledge in choosing the best treatment for the patient. One of the crucial qualities a doctor should have to be professional is Altruism which means that the doctor should place the patient's interest above other physicians. Doctors should be honest with their patients and allow them to make the right decisions about their treatment. Professionalism is not only respecting the patient. It is also having a sense of responsibility and using your knowledge to give the best treatment and care to the patient, even being a sympathetic listener, which means sharing the Patient's feels. After the situation that I have seen in the hospital, I have understood the importance of professionalism in the medical environment and the medical climate and other careers.

The Epitome of professionalism

Being given the title of a “professional” comes with great responsibility. You always have to be right – to carry the right attitude, to do the right action at the right time. Professionalism is the act of touching certain heights and maintaining specific standards to match the expectations of society. There was this one incident that highlighted the value of professionalism in my life. During our annual end of year water-fight, one of the girls slipped hard and fell on the stairs. She started shaking and shivering – a seizure is what occurred in medical terms. She passed by unnoticed amongst the screams of students and splashes of water balloons. Slowly, her existence fell into recognition, and thus, more chaos emerged from amongst the crowd. Screams echoed across the ground – some out of shock, while most of them were out of fear. Soon enough, a teacher appeared out of the blue. She cleared the crowd, told everyone to leave. She started to implement her rules harshly as not everyone understood the excellent way. The area was cleared. Even her blood-related sister was asked to leave, and so the scenario blew out of proportion as a heated argument occurred between the teacher and the student. The student had her reasons to stay back: her sister was sick, and she knew about her medical history. The teacher didn’t want the student to panic and caused any more chaos in the atmosphere, so she kindly asked her to wait outside after taking the medical history. The teacher then called upon the sister of the patient once the ambulance arrived and asked her to come along. The teacher remained there until the student was treated. She took care of her as though it was her daughter.

The acts carried out by her symbolized her as the epitome of professionalism. Not everyone considered her right and helpful due to her harsh instructions, but that’s what helped get the patient the proper treatment at the right time. As a teacher, she handled the responsibility of her student in the best possible manner, and that’s what professional behavior is all about. “It is not about the job you do, but how you do it. As medical professionals and future doctors, we have to keep in mind the ethics and responsibilities

that come along with having the initials Dr. before our names. We must be kind and respectful. We must know how to respect our patient’s privacy, how to be so reassuring and soft with them that they can easily open up to us, how to handle them in the tough time, and ask their intruding family members to provide space or leave when necessary. We should know how to handle the situations we are in well. In a nutshell, if you’re considered a professional (an excellent professional), then you are truly doing justice to your job and helping society out!

-Written By: Radia Bibi Usman-

The Fun of a Professional Journey

A person may be exposed to a situation himself or see a topic and be affected by it, then make a difference or a mark in his life and start the journey of research, verification, and discovery until he reaches professionalism, which is defined as integrated, continuous, elaborate and continuous work, so he can help people or meet the needs or earn his work With his experience and creativity more. I was exposed to a situation and since that time I started my journey towards professionalism, where my grandmother was staying with us while she was sick with hypoglycemia, I was ignorant about this disease, I only know that blood sugar only rises and falls, and one day my mother went out shopping in the morning and I went to see My grandmother suddenly I saw her sweating, her face pale and confused, I was scared and panicked because I did not know how to deal with this situation, I called my mother and told her about my grandmother's condition and she calmed me down and said to me Don't be afraid, bring a blood glucose meter (HBGM), it is an essential item at home for those with diabetes to monitor blood sugar concentration, then I made a prick on my grandmother's finger after sterilizing it I drew blood through the device, and after seconds the result appeared, and I told my mother about it and she told me that her blood sugar level is low and she needs a little sugar and immediately I brought her a Pepsi and she drank a little and waited 15 minutes to repeat the blood sugar measurement, then I measured and I found. that it was also low and I made her drink a Pepsi again the second time and again waited another 15 minutes and measured the blood sugar, and the result was Sugar returned to its normal range, and then my mother told me to bring my grandmother's snack. And then my grandmother regained her health and started talking and laughing, and she told me, you are brave. I do not deny that I was afraid at first, but after all, that happened, my self-confidence increased. It wasn't easy and challenging for me because it was a massive responsibility on my shoulders. After this situation, every day, I measure my grandmother's blood sugar level instead of my Mother's. I take care of her as well as go with her to see a diabetes doctor. At every visit, I ask and learn something new. Through my skill in communicating with the medical staff, I learned a lot and the most important of honesty in treatment. In my opinion, every person should try, investigate, and search for sources of knowledge to deal with the patient in the manner and with the quality required at home, and this is evidence of our love for the patient and stems from the principle of primacy of patient care, as it has a great reward from God.

Written by:

Shaikha Sultan Hamad Almansoori



https://www.freepik.com/free-photo/daughter-kissing-mom-mothers-day_2031501.htm#query=mom&position=2

Why it's essential to be professional while dealing with your clients?

Being professional at work is one of the reasons for being successful; being experienced at your work gives you the ability to reach the place that you want to be. Not just that, being professional helps you to make your clients or patients or whoever you will be assisting happy. Whenever we deal with an employee or doctor, sometimes we get out of their office happy and not realize it because of their professional skills. Now I would like to share an experience that my brother went through with a ministry employee. One day my brother had to go to the ministry to get some official documents about his education needed for his new job. My brother got low marks in his finals, which result in him not getting into any of the colleges that he applied to. My brother was angry with himself and not happy at all. So he decided that it's better to start working. So he went to the ministry, he told the reception guy what he needs, and he was told to wait for 15 minutes. Unfortunately, it took them more than 15 minutes, and it's been almost an hour!!!! My brother got angry a lot, and he couldn't hold himself from yelling at them. He kept screaming and shouting because he waited a lot, and it was unprofessional for them to take that much time. After a while, one of the employees came out of his office after hearing my brother shouting, although this employee's office was far away from the reception area. He came and tried to calm my brother. My brother was so rude to him and kept shouting at him because he was so angry. But the most shocking thing was the employee didn't even say anything, and he kept quiet, he didn't even call the security. Thankfully my brother stopped yelling, and then finally, the employee said something. You might think he asked my brother to leave and get out of the building, but no, he didn't. It was shocking even to my brother. The employee replied to my brother most nicely. He first said he is sorry for being late. However, he is not responsible for the student's requirements department. Still, he took my brother to his office and brought coffee. He started to ask my brother if something else made him angry and started to print the papers that my brother wanted. My brother was so shocked and felt bad for being angry before leaving.

He apologized, hugged, and thanked the employee for his great attitude. When my brother told me this, I felt inspired by this employee and how good and professional he was while dealing with his angry and rude employee. I learned how important it is to be professional in your work from this employee. And since I am a medical student, I got inspired to deal with my angry and rude patient professionally. And wish to inspire others just how this employee did to me.



Taken by:
Shaikha Alnuaimi

Written by: Reem Ali.

A step should never be taken

Albert Einstein once said (the only source of knowledge experiences) and Leonardo da Vinci noted (the wisdom is the daughter of experience). Every experience, whether it is good or bad, will teach you something.

Finding the benefits of this experience can help you minimize unnecessary mistakes in the future. The more you adopt the experimental, evolutionary frame, the easier it becomes to handle

Errors. Diabetic patients cannot regulate the amount of sugar in their blood. That is why they sometimes, under the doctor's prescription, refuse to take insulin doses. This was my grandmother's case, she used to take two doses morning and evening, but one day she asked my aunt to give her another amount after about four hours from the last one. After some time, we started noticing severe symptoms in my grandmother's jerky movements, trouble speaking, and white substance coming out of her mouth and then losing consciousness. We all thought that she would die for a minute, and immediately, we called the ambulance to take her to the hospital. Later on, we knew that my

Grandmother had diabetic shock (severe hypoglycemia) because of an insulin overdose.

I learned a lot from this experience, especially that medicine is not something

you can play with. It is chemicals that enter our body.

Any change in quantities, the time is taken, or the way without the required knowledge will reflect the effect from good to bad, just like what happened to my grandmother when we agree one was changing doses without knowing.

-Written by: Barolo Majid
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