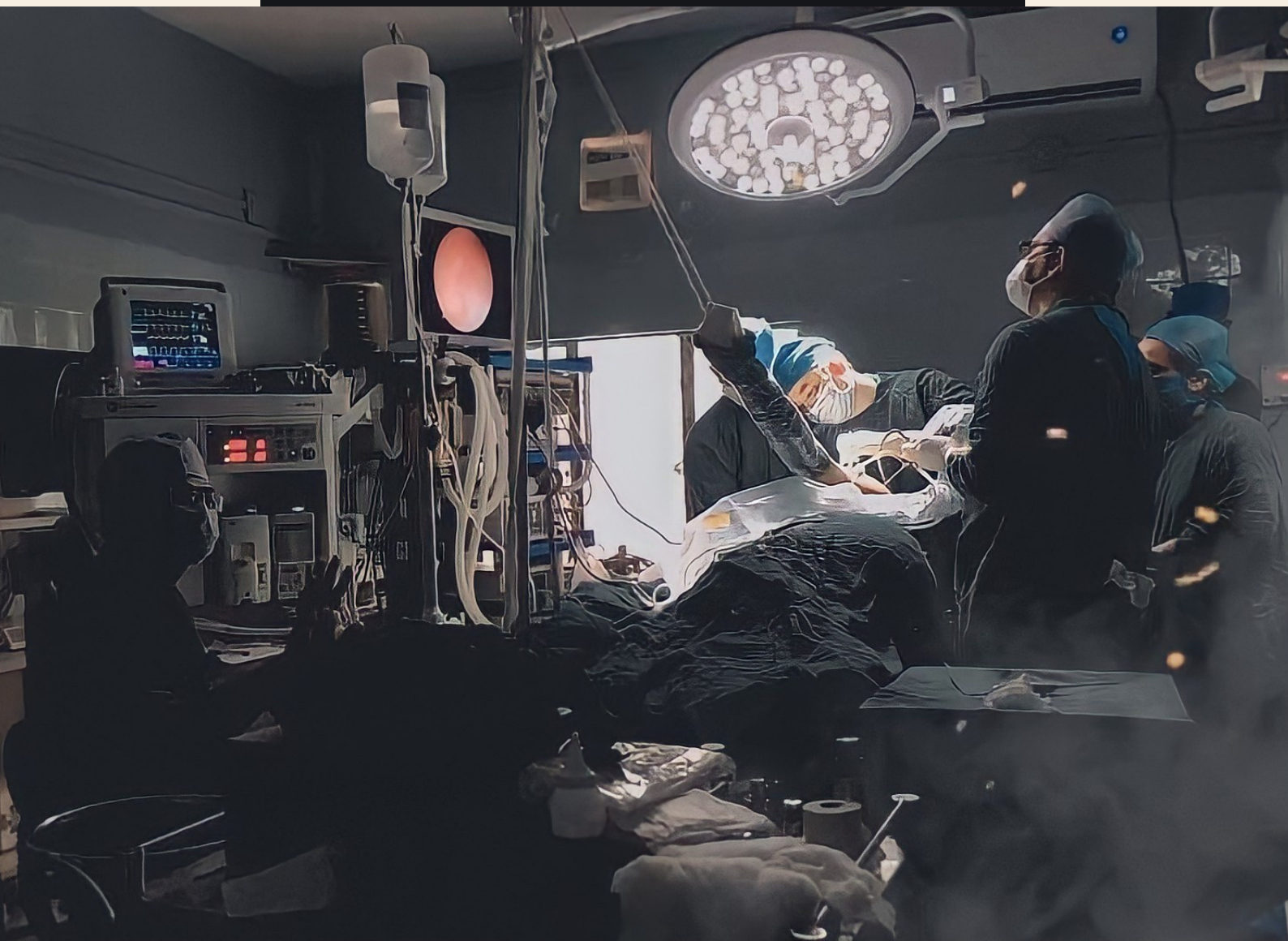


DMC // ISSUE 06 // APRIL 2021

# I PASS

YOUR JOURNEY STARTS TODAY



BEYOND HEALTHCARE

" Wherever the art of medicine is loved, there is also a love of humanity  
Hippocrates

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Dear readers,

Taking the professionalism course taught us many ways to be professional in our daily lives. This magazine shows how me and my colleagues opinions have been enhanced from the course. Everyone wrote their point of view of professionalism about an incident that happened before either they took part in or occurred to them. Reading the articles will enlarge your thoughts about being professional as it does not only have one definition it has a range of definitions that apply to many incidents. I hope reading the articles will improve your idea about professionalism and show how it depends on many aspects.

Sincerely,  
Maryam Eid Alsuwaidi

This is a Professionalism project under supervision of Dr.Fouzia Shersad

IT'S NOT THE  
JOB YOU DO ,  
IT'S HOW YOU  
DO THE JOB

ANONYMOUS



# PROFESSIONAL BEHAVIOR IN A HOSPITAL

**FATIMA BAHRI**

Have you ever thought about outer appearance is more important than inner beauty? I believe that both outer appearance and inner beauty are equally important because "what you wear reflects on your inner part" (Shawn Ashmore, n.d.). You might face professional and unprofessional behavior at any workplace because both complete each other, being professional is not impossible, but it's hard work. The professional activities of doctors do not only mean the body language, expressions, and behavior but also the outer appearance of the doctor.

The professional and unprofessional acts need each other. Acting unprofessionally can assist you better understand what and how it is to act professionally. Although the doctor must practice how to act in a professional way with the patient, not all doctors can achieve this goal from the first time, making mistakes can be helpful sometimes because it will teach the doctor to act professionally, but the doctor must always keep in mind two things: first, remember the mistake that you have made, and second do not repeat the mistake. An unprofessional act is when a doctor has eye contact with the translator which translates what the patient is saying to the doctor instead of the patient another mistake is when the doctor cannot separate between personal problems and work which then results in an impertinent behavior with the patient.

When a doctor acts professional, patients will constantly recall them. A few years ago, I attended the hospital to get a full checkup, at that time I could not speak freely with the doctors, at the beginning the doctor told me to have a seat, she greeted me then she started asking me questions, the things that made me remember her were her smile since the beginning of the appointment and while talking to me, her body language clearly showed me that she is friendly, and also the medical staff was helpful which made me forget I am speaking to a doctor and gave me the chance to speak comfortably with her.

Good reputation for both hospitals and the doctor. On September 10, 2020, I had to go to the hospital to receive the COVID-19 test for the first time; I was scared because according to my friends and family's experience and stories that they have heard the PCR also known as the polymerase chain reaction test is painful which made me feel more nervous. When I reached the hospital, the nurse noticed that I was feeling anxious so before starting the test, she talked to me friendly, explained few things about the test, showed me pictures of how the test will be, and informed me to calm down and trust her because it will neither hurt nor take much time, she also gave me few minutes to calm myself, inform her whenever I was ready and I really admire that she respected my feelings which from my point of view is rare.

To achieve the goal of being a professional physician, a physician must care for both the outward appearance and the way they behave with the patients. Behaving professionally for the first time will not prevent them from committing mistakes instead it will teach them not to make an unprofessional act again which will then give the patient a great impression about the medical staff and the hospital which might stay in the patient's memory for a long time. I learned the goal of being a professional doctor is not an easy task as it requires regular practice, effort, and there is a difference between "professionalism which is using ethics and applying the training that is related to the field in the workplace" (Virginia Tech, 2020) and ethics are a group of values and morals such as honesty and trust which a human is supposed to follow in life.

# A CLOSE SHAVE !

Professionalism. What is professionalism?! Well, I think it is something that is required by every single person, especially at the workplace. It is the way you conduct yourself, how you interact with your co-workers as well as other people, being passionate, being on time, being honest, etc. Personal differences such as race, religion, and gender do not impact the quality of care delivered to the patients of health care providers. The primary need for professionalism is to promote patient safety. A lack of professionalism suggests a lack of respect for your colleagues or the people you are interacting with.

I remember there was an incident in which I and my family had experienced a mixture of emotions. This was about 4-5 years back when my father was suffering a lot of pain in his hand. Everyone including him thought that it was normal pain, and it would go the next day but unfortunately that didn't happen. He tried taking painkillers but after some time the pain would start again, and he couldn't stand the pain any longer. Finally, we went to a doctor to know the reason what the cause of this pain was. After examining my father, the doctor tells us that there was a problem with his spinal disc. All of us were in a state of shock because none of us had seen this coming. The doctor further adds to do nothing but just scare us that he would have to be on bed rest for his entire life which was even more shocking. One of us asked that he would be able to work or no. the doctor abruptly replies no without any concern for the mental state of the patient or his family members. The doctor did not even have any signs of empathy on his face. My mother who was already on the verge of losing herself but was keeping her face straight so that my father also doesn't become disheartened, burst into tears and she left the room. I followed her to give her hope. But alhamdulillah, by the grace of Allah, my father is doing perfectly fine with much minimal amount of pain and having no bed rest! This exactly was where professionalism lacked and signifies its importance.

After this incident that took place, I wished that this kind of behavior shouldn't be experienced by any patient in his/her life because it is the most sensitive matter that a person or a family could deal with and a family always tries to be the support system. So, this behavior was not accepted by any of my family members. There surely was a problem with my father's spinal disc but we expected convincing behavior or at least not false information that he had to be on bed rest for his entire life.

The ability for healthcare professionals to maintain the level of professionalism is very important because this will give assurance to the patients that they are in good hands. The experience which we faced was challenging for us. Decision making for a healthcare professional is very important as they must choose the right treatment that has the highest probability of giving effective treatment to the patients.

In a nutshell, I would like to just say that a high standard of professionalism will benefit both healthcare providers as well as patients since the patients are already in a very fragile mindset. High-quality health care keeps patients coming back when the need for care arises in the future. Hence, professionalism can bring trust and confidence between healthcare professionals and the patient. A point to remember before I end this topic is that be patient and compassionate as much as possible. Try imagining yourself in the place of the patient and looking at things from the patient's perspective. Try being more understanding and loving. Because at the end of the day, a patient's smile is all that's going to matter!!

# “UNPROFESSIONALISM OF EMPLOYEES”

**GHAYA ALRAIS**

People don't live in this world alone because there are many different types of people living together in a small world, and not all people will have the same mentality or way of thinking. One of the reasons people don't get along together is unprofessional work behavior. Unprofessionalism is the wrong way an employee doesn't fulfill what the job requires, or his attitude isn't helping to solve the issue. In my essay below, I will talk about the unprofessional way the doctor acted towards the patients while he was on duty and the conflict it caused between them based on how the doctor behaved.

The graduate medical students were excited to attend the daily ward round, headed by the consultant physician. The consultant was passing through different rooms, inspecting, and examining the patients. Some of the students in the team noticed that the doctor wasn't taking the necessary precautions as he was not sanitizing or washing his hands before and after touching the patients. Moreover, the stethoscope was used frequently without being cleaned, and it was dangling from his shoulder, and there were some blood spots on the surface.

The students notified the doctor regarding what they noticed, and the doctor got offended and raised his voice on them. He took it personal, where it is a pure health issue that can have severe consequences. After completing the ward round, the medical students met in the library to study the topic related to hospital-acquired infections. Besides, they started to explore the term sepsis, which can progress to severe sepsis and septic shock, and this can occur quickly by not adhering to and implementing infection control measures.

The unprofessional act of the physician may lead to severe consequences. One of the main actions of unprofessionalism that the doctor did was insisting on his methods, even though it was the opposite of the rules and regulations of the ministry's health and safety methods. Also, causing cross-infection from patient to patient, and patients to their relatives. Moreover, this will harm the health system as currently there are new bacterial organisms, which are resistant to the broadly used antibiotics and can easily be transferred between patients because of its high infectious rate.

In conclusion, handwashing and sanitization can save patient's lives and reduce hospital-acquired infections. To prevent this scenario from happening, hospitals should monitor the performance of the entire staff and the organization by enhancing the education of the health and safety rules and regulations in staff training and this procedure would help in developing the performance indicators that can be benchmarked with other organizations and being professional and maintaining mutual respect between employees in a work environment is crucial to achieving the best quality of health care.

# IMPACT OF BEHAVIOR

**MARIAM ALI AL AHBABI**

Professionalism is the state or practice of doing one's job with skill, competence, ethics, and courtesy. Professionalism is shown by people who take their work seriously, respect their co-workers, and people who always give credit for their work. It can be compared to the roof of a building with clinical competence, communication skills, and ethical understanding as to the base of the building, where professionalism cannot exist without those characters, and the building has four supporting walls, which are excellence, humanism, accountability, and altruism.

My first experience of professionalism was with a healthcare worker; I had an appointment with a dermatologist in Ain Al Khaleej Hospital in Al Ain. When I reached there, I noticed all Covid-19 precautions such as giving masks, hand sanitizers and checking body temperature. I entered the doctor's office, described my case, and gave a description of my medical record since I was getting treated in another clinic. The doctor handled my case carefully, asked me a few questions, and gave me medication. Although I was a new patient in that hospital, all the healthcare workers were helpful and had good communication skills.

In my second experience, I went to a dentist in a different clinic, and surprisingly, the staff did not check the visitor's body temperature, only made sure that everyone is wearing masks and gloves. I informed the receptionist that I have an appointment; she seemed understandable and promised me that once the doctor finishes with the patient, I will be able to enter. However, that did not happen; around three patients were put in front of me with an excuse that they arrived first, even though I had an appointment, and they did not. When it was my turn, I went inside and explained my condition to the doctor, but he seemed busy answering calls and texts that made me feel uncomfortable, then he did my teeth. From the beginning, the doctor and the receptionist showed no interest in my conversation.

In summary, In the first scenario, the doctor and the nurse were welcoming and followed all hospital guidelines made me feel comfortable and safe as a patient. On the other hand, the second scenario shows the unprofessional and unethical behavior of the doctor and the receptionist that resulted in an unpleasant experience. A professional act is necessary to make both workers and patients or customers happy and satisfied.





# ALWAYS THINK TWICE BEFORE TAKING A DECISION

**MARYAM EID ALSUWAIDI**

Professionalism has different definitions from many aspects, but all of them conclude the same opinion and act that a person should have towards their job. Not all the employees can have these professional treats, which may cause a loss of trust and respect of the client towards the employee and the company.

There were two incidents that I heard of where the doctors acted in an unprofessional way. I was disturbed to think that such incidents occurred, and it makes me want to be more professional in the future.

The first incident was about a patient who was pregnant with her third child. The patient goes to prenatal care checkups with her follow-up doctor but to make sure everything was alright; she went in the 8th month of her pregnancy to a checkup with another doctor in another hospital. The doctor told the patient; to inform her regular doctor that the placenta is around the embryo's neck. Therefore, the patient should have surgery instead of natural birth. The patient told the doctor, but the doctor refused to hear her out, and instead of checking whether what she said was true, she told the patient that she knows her job. On the day of the labor, the patient again requested the doctor to listen to her, but the doctor refused. The patient also told the doctor about the past 2 births she gave, and that they had the same issue. While the patient was giving birth, she informed the doctor that she is feeling the embryo is coming upwards instead of going downwards and that she is having a problem while breathing, but the doctor did not take the situation seriously and continued her work until the embryo's heartbeat stopped. All the doctors and specialists were called into the room to see if they can provide any help, but unfortunately, they were helpless. In the end, the doctor had no choice but to pull out the embryo by her hands, which caused damage to the uterus of the patient, then the patient had to go through operations to cure the health problems that happened during the incident.

In my opinion, the doctor acted in an unprofessional way that led to the loss of a precious life. The doctor did not listen or take the advice of another doctor or a patient because she thought she had better medical knowledge than the other doctor. The doctor had no respect and no patience neither towards her job nor patient, and the doctor did not comfort the worried patient. Overall, her actions were unacceptable, unprofessional, and no doctor or any person in the medical field should act in this way, as the patient trusts them.

The second incident is also a pregnancy incident where the patient was in labor and went late at night to the hospital. The patient's water broke, a large amount of water was lost, and was having contractions. However, the doctor that was present at that shift checked the patient and told her that she still has a lot of time left to give birth, and sent the patient home. The doctor did not perform all the medical checkups, she only did a sonar checkup and concluded that nothing was wrong. After two hours, the patient came back to the hospital, another doctor checked her, and said you were in labor for such a long time, including the water level is low it could have killed the embryo. But luckily, the water was low at the side of the embryo's legs. Therefore, it did not affect the embryo. The patient then realized that the first doctor sent her home because her shift had ten minutes left to end, and did not want to stay longer. Just because of one unprofessional act someone's life was going to be in danger.

I think that the first doctor was very unprofessional, as she put her interest before the patient's condition. The doctor wanted to finish her shift, leave, and did not bother to explain or take care of the patient, which was dangerous as the embryo could have died due to lack of water. The doctor should have been altruistic.

In conclusion, professionalism acts are necessary for every field not only in the medical field. If you listen to someone you may save a life, if you respect people you will get the respect back, always be trustworthy and honest to people and remember that whatever actions you make will always come back to you so always have good actions towards people.

# POSITIVE & I DON'T KNOW !

**LEEN OSAMAH MOHAMAD SALEH**

When I first entered the medical college, to my surprise there was a subject taught called "Professionalism." As per the dictionary, the definition of professionalism simply is: the competence or skill expected of a professional. However, what does the society expect from a doctor, and to be more certain, a professional doctor or practitioner? The community has put already specific prospects they are willing to find in their healthcare providers... but what if they don't for some reason or another. I recall one or two years ago, on one visit to the hospital during winter season when I was sick. It was winter, therefore colds and flus were very common at time.

After couple of days of taking an on-self medicine from the pharmacy and trying to become better, there were no signs of any response to that medication. The symptoms of sore throat, runny nose, body aches, fatigue and lastly fever were getting worse. Thus, we went to the hospital directly to the emergency as my fever was increasing, almost (38.5/39 C).

The nurses quickly gave me an antipyretic and the doctor referred me to a blood test to check whether it was influenza type A or B. After they took the blood sample, we were told that the results will come out within 2 to 3 hours and that the hospital will only call back to inform us about the results if the test came out positive for influenza B. We left the hospital back home and nobody contacted us for the next 3 hours, so we assumed that the results came negative for the influenza B. Couple more days are passing and I'm still not getting any better. So, we decide to go again to the hospital to see what's wrong. We enter to the doctor's room and as we explain to him what happened, he then reads my file on his computer and responds: "don't worry these are normal symptoms of influenza B, I'll prescribe for you some medications to take and within 2 or 3 days you'll be fine there's nothing serious to worry about." But influenza B... didn't I come two days ago for a blood test and no one told that I have influenza B, that was the only thing that crossed my mind at that time.

When I look back at that experience now, I guess that such kind of unprofessional behavior that I lived will never be erased from my memory. Until now I don't actually know whose mistake was it! Was it the ER doctor's that didn't follow up my case? Was it a nurse's that didn't enter the results into the system at the right time? Or was it the administration that didn't call back? Regardless of whose gap was it, medical professionalism of any hospital/ institute can only be done by the group work of its team. In my case, influenza wasn't fatal anyway but what if it were another patient's results, what if they've forgotten to reply to a patient about a more serious disease. Nevertheless, by this mistake I was prevented from the proper treatment of the influenza I didn't know I had at the right time.

To sum up, now that I've entered the medical college I became more attentive to professional and unprofessional behaviors which I wasn't quite aware of. This story didn't mean a lot to me before this September I would say, but now that we are getting trained to become professional doctors, such details mean a lot. We all should learn from our mistakes but a good quote of Warren Buffett says "It's good to learn from your mistakes. It's better to learn from other people's mistakes." As a result of a negative behavior I had once, I will be always aware of how minute mistakes can cause much beyond expectations and will commit to avoid that.

# PROFESSIONALISM IN MEDICINE

**AMNA TARIQ ALMANSOORI**

Maintaining adequate professional skills within the medical field can enhance people's lives. Although adopting good professional values can sometimes be challenging, it can be attained by hard work and perseverance. On the other hand, unprofessional behaviors in clinical settings can have detrimental effects on the quality of healthcare provided to patients. For instance, any minor inappropriate medical wrongdoing can lead to legal consequences. In this essay, I will distinguish between common professional and unprofessional behaviors in medicine.

A healthcare professional has to have the ability to maintain specific values, thus he or she should acquire various skills to deliver the best service possible. Good professional values include maintaining confidentiality, becoming truthful and trustworthy at all times, exhibiting good communication skills, putting the patient's interest above personal interests, and showing interest by listening closely to all of the patient's concerns. I have personally noticed some of these good qualities during my interaction with many doctors. For instance, when I visited my gastroenterologist, he gave me sufficient time to talk about all of my concerns, and that made me feel comfortable during the consultation as I was not feeling rushed. Another example is when my aunt had open-heart surgery, her cardiac surgeon informed her that something has gone wrong during the operation. The doctor took full responsibility and admitted that he unintentionally made a mistake. Although this kind of news is not pleasant to hear, it shows that doctors can be trustworthy. No matter how bad the truth is, the patient always has the right to know what is going on with their body.

On the other side, unprofessional behaviors can destroy people's lives in various ways. Minor errors have the potential to lead to major outcomes that often lead to severe illnesses that can be lethal at times. There are countless ways in which unprofessional behavior can happen within the medical arena. Qualities such as arrogance, breach of confidentiality, poor time management skills, and abuse of power are considered to be direct examples of unprofessionalism. Unfortunately, about two years ago, I have had an unpleasant instance with a doctor. I once booked an appointment with a famous pulmonologist at a particular time. However, my doctor kept me waiting for more than an hour. Initially, I thought that he was busy dealing with patients with more severe cases, but I then discovered that he was smoking in front of the door while chatting with a colleague. That left me disappointed at that time as I had trouble breathing, and the doctor did not take my case seriously, and also did not show any sense of good time management skills.

To sum up, sustaining good professional qualities during all times can sometimes be difficult, but it is the key to ensure that doctors and other healthcare professionals are doing their jobs adequately. As a medical student, not only should I focus on the scientific parts of my studies, but also on developing my professional skills as they are as important as my medical knowledge.



# HONESTY AS A CONCEPT OF PROFESSIONALISM

**SARA SAEED SAIF MOHAMMED AL ALAWI**

Professionalism is a feature that is essential to all professionals. It is something that everyone requires. Professionalism is beyond than just an appearance. It is also how to conduct yourself and communicate with other people within the assigned profession. Professionalism means respect, not misrepresent, discriminate, or harass others. Acting professionally at your workplace makes others think of you as reliable and competent. Moreover, professionalism encompasses many aspects, such as morals, attitude, knowledge, environment, teamwork, and ethics.

Honesty is one of the crucial parts of professionalism that everyone should have. It is an important concept in all life aspects, and not only related to medicine. So when it comes to physician's professionalism, it is very important to show honesty with the patient to maintain a relationship based on trust. Thus, it is one of the basic contracts of medicine between physicians and patients.

As a medical student, I experienced the concept of being honest in many ways starting with myself. For example, students should be honest while taking their examinations and should not attempt cheating. Therefore, it is important to study hard, not only for getting marks, but also to save a life in the future with the knowledge we have. Likewise, being honest in attending all the classes and be responsible for the absentees we get, because helping our friends in faking their attendance will encourage them to immoral practices in the future. In addition, commitment to honesty with our colleagues and professors will ensure the respect between us, and it will make the communication more efficient.

Furthermore, I have once experienced the feeling of being wrong which made me realized how important it is to be honest. Before two years when I was in high school, we were asked to work in groups of three on a science project. The teacher gave us a clear explanation of everything we needed to do for this project and assigned a due date. Regrettably, my team and I postponed all the work for the last moment before the day of submission. We were stressing out until one of the team members suggested to tell the teacher that we put the project in front of her office and someone stole it.

We felt very guilty because our teacher was blaming herself and thought that she is an irresponsible person. Later on, we had the courage to tell her the truth. She was very upset from us, but she accepted our apology and appreciated our honesty. Although, this experience has an impact on me, it taught me a lesson that I will never forget.

To sum up, honesty is an important value that makes a difference in everyone's life. As a medical student, understanding the concept of honesty will improve my practice as a future physician. In addition, a high standard of professionalism will benefit both healthcare providers as well as patients in long-term, it also allows healthcare providers to improve in self-confidence together with reliability from colleagues, patients as well as most of appreciation from others.

# HEALTH PROFESSIONAL

**FAZEELA ANSARI**

“ Healthcare professionals in the medical office are held to higher standards than most professions because they are dealing with dignity of patients and the ability to be healed ” ( Wolff )

Professionalism is defined as the accrued knowledge and behavior possessed by individuals in order to obtain successful goals and attributes for their organization, facility or work environment. Being professional is someone who can do his best work when he does not feel like it. For some, being professional might mean dressing smartly at work, or doing a good job. For others, being professional means having advanced degrees or other certifications. Professionalism encompasses all of these definitions.

Medical professionalism signifies a set of values ,behavior and relationships that underpins the trust the public has in doctor . Being professional while at work let others know that you are trustworthy, reliable , responsible, respectful etc. Professionalism in medical department is very important, it means putting patients’ requirements and needs as the top priority. Medical professionalism is taking the responsibility of your patient , confidentiality, committing to patient and showing full attention and centered care for patient. In the world , there will be an ever-increasing demand for doctors’ due certain causes like poor economic , emerging new infectious diseases and mainly cause of ever-increasing population we need to have professional doctors to help the society. Secondly, being doctors is not just about getting good salary , it is about doing service to the community and having attributes like altruism and empathy.

I believe healthcare professionals in hospitals should be calm , friendly and open , so that patients can talk about their issues without any hesitation and express their opinion.

From my experience I mostly had only positive experience like felt safe and always felt much better after going to the hospital. Not everyone can be the same , so at times some doctors may act unprofessional they may have their own reasons but is very unethical and not acceptable, it can affect and put someone’s life in danger. There was an incident in my family ,my grandmother got a surgery ,where the doctor has made a mistake in surgery either cause he was careless or ignorant, it was a very minor error and he might have thought it wouldn’t affect her much but that led her in pain for so many years, it was somewhat tolerable for some years but got worser as time passed. She visited multiple hospital and consulted many specialists. Most of them gave painkillers and said it will eventually go. Finally, a doctor found that mistake told her about it and fixed it . She is completely fine now but she went through so much pain for many years. I really think if the doctor gave their complete attention, he would have avoided the mistake. As human beings everyone makes mistakes but it is important to admit and apologize to the patient and fix those mistakes as much as possible. It is very important that in the healthcare profession to have some core qualities like altruism ( i.e. putting the patient’s interest before yours ) ,respect , trust , compassion , integrity, accountability , protection of confidentiality, advocacy and justice.

In conclusion , professionalism in medical office is not just knowing the job it also includes some important characteristic to be a better doctor. Professionalism highly demands placing interest in the work. In the end professionalism is important because it also reflect and represent how you are as a person.

# “ SPEAK WELL OR BE SILENT ”

BY PROPHET MOHAMMAD

**MALALAI NAQIBULLAH**

Professionalism plays a big role in college and work environment. It is being competent, good conduct, communication skills, attitude and behavior. Every person should be a professional in his or her job, no matter in what job sector they are providing service. Networking with colleagues, clients and customers builds up cordial relationships, working in teams and collaborating effectively. It leads to workplace success, professional reputation with high work ethics and excellence. And most importantly self-satisfaction.

Now coming to my experience of a common unprofessional behavior during recent years among youth in general is that most of them use foul language not taking into consideration that the feelings of others might get hurt even though if they do not mean directly to them. Also I have observed that they feel proud about it. They have to think deeply about its consequences that they may suffer soon. I recall watching a show 'the morning' where a good talented actress was provided a position in a famous movie but she was soon fired from it due to their findings of years past unprofessional posts /comments on her social media accounts.

Come to think of it, don't you think it reduces your dignity and respect in front of others? Or those young children in your school or anywhere follow this norm due to your act? Or as a Muslim don't you remember there are angels appointed to record for each word you say. According to my analysis the result of this norm is due to the major negativity side of the internet that they are exposed to and peer-pressure. Truly usage of foul language is a pure unprofessional act.

I conclude by quoting a hadeeth by prophet Mohammad (may peace and blessings be upon him), "when the son of Adam gets up in the morning, all of the limbs humble themselves before the tongue and say: 'Fear Allah for we are with you; if you are straight, we will be straight; and if you are crooked, we will become crooked.'" [At-Tirmidhi] Therefore, we learn that professionalism will always bear fruits in our lives directly or indirectly.



# PROFESSIONALISM THROUGH MY LENS

**ADIBA VALEED**

"The true mark of professionalism is the ability to respect everyone else for their styles and always find something positive in every experience and highlight them in your thoughts and words." I realized how true these words by Johnny Luzzini were when I participated in the Children's International Film Festival 2018. Being professional doesn't mean wearing a suit and carrying a briefcase, or in our case, a white coat and a stethoscope. Being professional means conducting oneself with responsibility, honesty, accountability, and excellence. It means communicating effectively and appropriately and always finding a way to be productive. In addition, the highest level of professionalism comes with having good leadership skills, which I learned when I was in Grade 11.

As someone who has always been into photography and cinematography, I would always click pictures and make videos and montages of my friends and family. When I heard that my school was participating in the Children's International Film Festival, I was extremely excited to participate but as I had never done this before I decided to join my friend's group who was a little experienced. We started with exploring ideas and themes to make our movie on, and everyone had brilliant ideas which unfortunately were all dismissed by my friend who was the director and the group leader. She would not consider listening to any teammate and wanted everything to be done as she said. It got to a point where she would get aggressive if someone would suggest a different opinion. She became a dictator instead of a leader. In the end, the group broke apart and I was very unhappy about not being able to make a movie. But as they say, everything happens for a reason, and this unfortunate event motivated me to form my own group and my own movie because this was something I was really passionate about. I learned from my friend's mistakes and tried to be the best teammate I could. As we only formed our group on the last day of script submission, I felt very proud when in one evening my team and I came up with and wrote the entire script. After weeks of shooting when we were tired after school, camera troubles and editing struggles, our movie got nominated. In the end, we did not win for the movie, but being professional means always trying to look at the positive side and we did win Nikon's Best Poster Award, so our efforts weren't all in vain.

What this experience taught me is that being professional does not have to be only in work or official environments, it does not only mean how you conduct yourself in front of important people; rather it also means how you respect and treat your peers, how cooperation and teamwork are so important. It taught me that united we stand, divided we fall. We had our fair share of arguments and disagreements and drama while making our movie as well, but with open communication and understanding, and with keeping our main goal in focus, it was only a little bump in our road.

I realized that apart from the main things that we hear about being professional all the time, such as competence, confidence, being ethical, one also needs to be the best version of themselves. Being professional includes being kind and accepting to everyone, accepting one's mistakes and not being afraid to apologize. Professionalism to me means putting your best foot forward, working hard and improving yourself, and when you do, success will follow. "Life is like a camera, focus on what's important, capture the good times, develop from the negatives and if things don't work out, just take another shot."

## CONTENT :

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Maryam Eid Alsuwaidi  
Amna Tariq Almansoori  
Leen Osamah Mohamad Saleh  
Sara Saeed Saif Mohammed  
Fazeela Ansari  
Malalai Naqibullah  
Adiba Valeed  
Fatima Bahri  
Ghaya Alrais  
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## PICTURES REFERENCE :

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<https://medpix.nlm.nih.gov/home>



# C R E D I T S

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