

TALENT IN MEDICINE

The medical profession is not different from other workforce sharing with them all common interests, hobbies and talents. The majority of these activities are unrelated to medicine. Many are musicians, performers, artists, writers, critics, astronomers, photographers, etc not to mention their excellence in the world of sports. On the other hand there are also instances when the practice of these activities take the form of applied interpretation of what they know in human pathobiology and the concerned function. Thus some may be historians of clinical practice, clinical pharmacologists of locally used herbs, or clinical therapists of locally practiced folk medicine.

This section of the Bahrain Medical Bulletin will be devoted to "Talents in the Medical Profession" to show and exchange with others common interests and applied experience. Contributors are therefore welcomed to submit their presentation. This issue contains two poems, one is about doctor and advocate too and the other one is about the Kidneys.

The Chief Editor

DOCTOR: AN ADVOCATE TOO

He comes to you with a health complaint,
Listen to a patient's story real well.
Make up your discriminating mind,
What is wrong and what's not well.

He comes to you and surrenders,
Hoping his secrets you won't tell*.
He puts his trust and faith in you*,
Do everything to see that he gets well.

If it's a simple problem,
You solve it yourself*.
If it requires a specialist referral,
You *advocate* his case with skill and deft.

You may be called as an expert witness,
In the land's courts of law.
There you *advocate* on his behalf,
His medical case without a flaw.

If occupation is the reason,
For his sundry health problems.
Advocate to his employer a change in his work,
So he works in safe and healthy environs.

Always *advocate* the welfare of the patient,
Advocacy is part of a doctor's job! (1)
To *advocate* the health and welfare of Society at large,
A doctor again is neatly cut for the job.

"Doctors against War and Nuclear Weapons,"
"Doctors for Universal Healthcare and Immunisation."
"Doctors against Tobacco, alcohol and Drugs,"
Doctors' voice is heard; speak up, don't shrug.

So if you happen to be a doctor,
Your profession demands you to be an *advocate* too (2).
Hone your skills of public speaking,
Speak for individual's health and society's welfare too (3).

'Profession' from Latin, means 'Speaking Forth', (4)
So come on doctor, get up now and start to speak.
Devotion to service, profession of values and advocacy.
These three constitute *Medical Professionalism in Society*. (4)

REFERENCES

1. Richard Horton. The doctor's role in advocacy. [Editorial] *The Lancet* 2002;359:458.
2. Medical Professionalism Project. Medical professionalism in the new millennium: a physicians' charter. *The Lancet* 2002;359:520-22.
3. Medical Professionalism Project. Medical professionalism in the new millennium: a physicians' charter. *Ann Intern Med* 2002;136: 243-6.
4. Sounding Board. Medical Professionalism in Society. *N Eng J Med* 1999;341:1612-5.

SYMBOLS

¶ **The three fundamental principles** for medical profession: Principle of primacy of patients' welfare, Principle of patients' autonomy, Principle of social justice.

* **The Ten Commitments and professional responsibilities of doctors and the medical profession :** **Commitment to professional competence, Commitment to honesty with patients, Commitment to patients' confidentiality, Commitment to maintaining appropriate relationships with patients, Commitment to improving quality of care, Commitment to improving access to care, Commitment to a just distribution of finite resources, Commitment to scientific knowledge, Commitment to maintaining trust by managing conflicts of interest, Commitment to professional responsibilities.**

Ode to the Kidneys

O renes! You are bean-liked and paired,
With blood flow one-fourth of heart's supplies,
What wonderful cleansers you are,
Handling hosts of wastes produced!

You concentrate nine-tenth of plasma filtrate,
What a great frugalist!
Acids and alkalis, you care efficiently
Although slowly, but enormously.

Milieu interior is safe by your skilled management,
Those ups and downs are gently tackled.
Ionic balance is well maintained over a long period
Through hormones and chemicals.

Without your help anemia sets in
And blood pressure goes off-control.
Possibly, you play a role in all
Hypertensions – essential or secondary.

Your importance is not apprent,
Unless you strike work.
And lo! There are umpteen alterations
In body, blood and urine!

What tireless silent workers you are!
With capacity to pull-on till half of reserve
Hardly any 'angina' even though ischemic!
Your calls for help are generally silent.

So sensitive are you to fluids and chemicals
Owing to your very nature of concentrating.
And handling large volume of plasma,
All, to maintain the homeostasis!

It is better for us to regard you with care.
Or else, your metabolic factory goes 'haywire'.
Your dysfunction tells upon every function!
And calls for delicately balancing many a custom.

You teach us caution, temperance and
Gentleness in managing your problems.
For, when the damage to you is advanced
You do not care!

Dr Rajagopalan S
Chief Resident
Department of Surgery
Salmaniya Medical Complex