Keep it simple, Keep it to the facts!

Monitors and machines focussed on a human being, Lab tests aimed with extra feeing

There are Lights, cameras but barely any action! This scene is so horrifying even for a denial reaction!

We are supposed to be treating patients with compassion, Removing things which may cause behavioural aggression

We should not be running excessive MRI's and CT Scans, Nor providing treatment without proper plans

Focus on the patients troubles like unemployment, Rather than how much you earn for a moment

Help cure Bipolar, antisocial, disorders, Rather than compelling patients to follow, your lab tests orders!

Machineries creating hustle & bustle is too much to handle, For patients who barely have enough to light a candle

With too many bills and dues to pay, When will the patients have their say?

Diagnosis, prognosis depends on knowledge, Things we practice in wards, learn in college

Advancement is a necessity, But merely to "some" degree!

Patients need care and attention, Requiring Informational care about the disease & its prevention

Patients require moral support, Empathy gestures when they hear their unpleasant lab report

LCD, TV screens with a dish or cable Are not required for the patient to become stable

Floors covered with tangled electric wiring, Maybe a hectic struggle, quite tiring

Extra surveillance cameras without a cause, Need a break, a pause! Through merely screens it's hard to examine a patient, You need to be face-to-face or in front

If you are never able to approach the diseased, He/She may be left untreated or end up deceased

There are procedures like palpation, percussion and auscultation, Which require direct contact with the patient

Let go of all the extra light and glamour, They emit radiations which strike like nails and a hammer

Malignancies are a growing death cause, Excessive scans and radiotherapy need to pause!

Always carefully evaluate the patients' situation and conditions, Before giving any sort of prescriptions

> Unknown diseases need to be identified, Keep X-rays within a limit, keep them confined

Change your point of view, Make patients history easy to review

Undertaking "Medicine" is not an easy task, Neither is surgery if you may ask

Keep it simple; keep it to the facts, Never use shortcuts or internet hacks

Take proper consents maintain a doctor-patient relationship, Have the patients' attention in your grip

> Enact upon Health belief models, Behave like the societies' role models

Be of greater emotional support & understanding, Rather than being naïve and money demanding

Let social support and religion "In" the curing process, So patients' stability of mind may not depress

Be a holistic doctor accepting cultural differences, To adequate treatment without any interferences

Remove stigmas, which delay diagnosis, Anything, which interferes with the disease prognosis Try to prevent any loss of autonomy or privacy, Show equality regardless of patients' literacy

In hospitalised patients' denial, anger & depression are common, Use different interventions to keep them calm

> Patients may suffer from ICU Syndrome, Provide them a spacious room

Educate the patient about his illness, Rather than filling him with worries and emptiness

Be aware of mixed anxiety & depression complaints, Remove anything which may cause the patient to faint

> Medication should be limited to cure, To a degree the patient can endure

By: Azka Aisha (N-63) 3rd Year MBBS Nishtar Medical College (NMC) Multan. July month 2016