

# TIPS FOR SUCCESSFUL PRACTISE



Dr. Sureshkumar Mehta,  
Consultant Psychiatrist,  
Pune



# Introduction

- ❑ The doctor patient relationship in our country has undergone a sea change in the last decade and a half.
- ❑ The lucky doctors of the past were treated like God and people revered and respected them.
- ❑ Aryans embodied the rule that, Vaidyo narayano harihi (which means doctors are equivalent to Lord Vishnu)
- ❑ We witness today a fast pace of commercialization and globalization on all spheres of life and the medical profession is no exception to these phenomena.



# Basic requirements...

- ❑ Qualified Degree
- ❑ Why I became a PSYCHIATRIST..?
- ❑ Choosing to be..
  - Academician ..? Or
  - Busy private practitioner..?
- ❑ Area of the practice...
- ❑ Interest in sub speciality

- ❑ Attachment to various institutions
- ❑ OPD practice or...
- ❑ Wish to have indoor set up
- ❑ Financial management
- ❑ Hospital management

# Qualities of the staff...

- ❑ Polite
- ❑ Smart
- ❑ Presentable
- ❑ Smart in communication
- ❑ Loyal and reliable

# Qualities of the Consultant...DOs

- ❑ Updating the knowledge
- ❑ Good communication skills
- ❑ Good listening skills
- ❑ Pleasing and approachable
- ❑ Punctuality
- ❑ Reflecting the concern
- ❑ Developing confidence and trust

- ❑ Record keeping and certification
- ❑ Confidentiality
- ❑ Communication and rapport with the relatives
- ❑ Education and understanding of the disease
- ❑ Role of parallel therapies
- ❑ Comments about other pathies



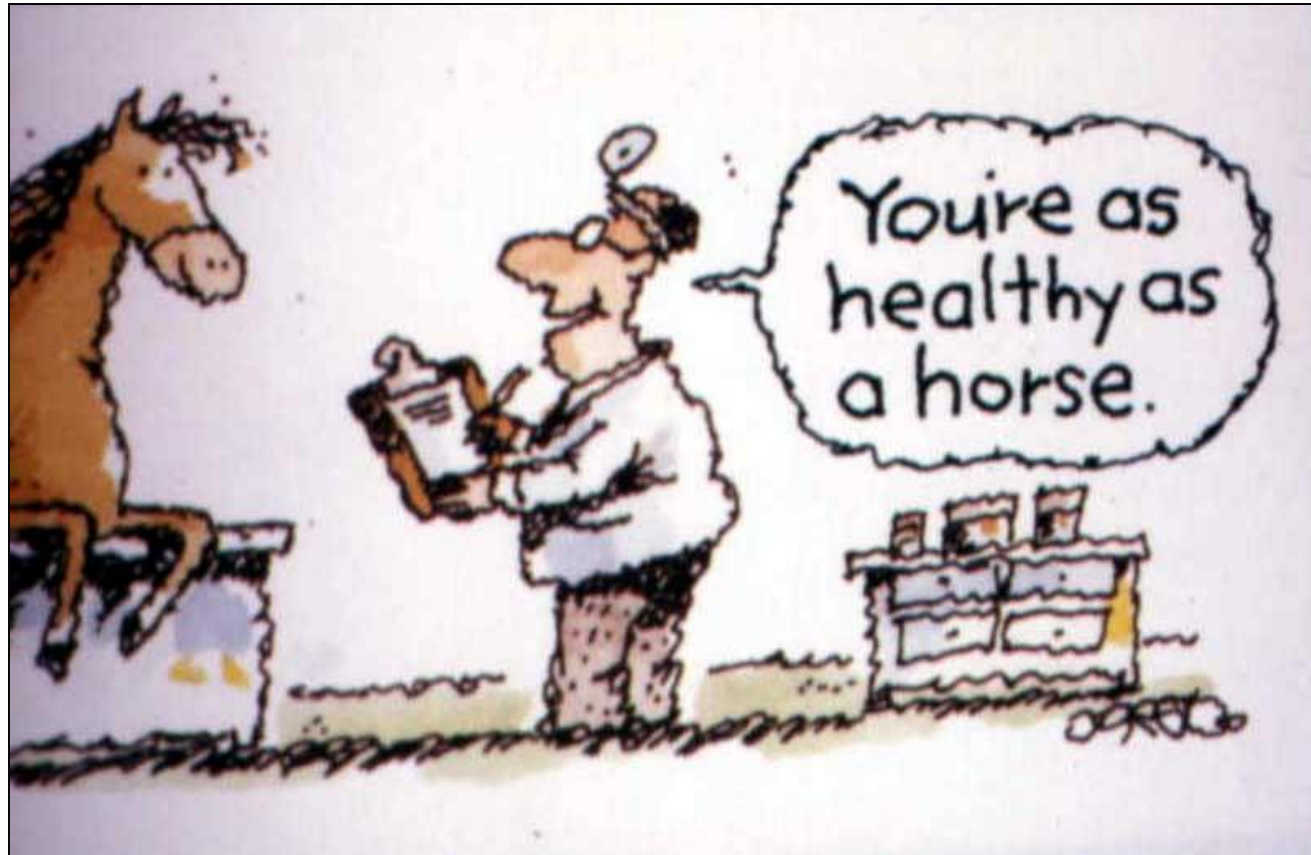
Healing



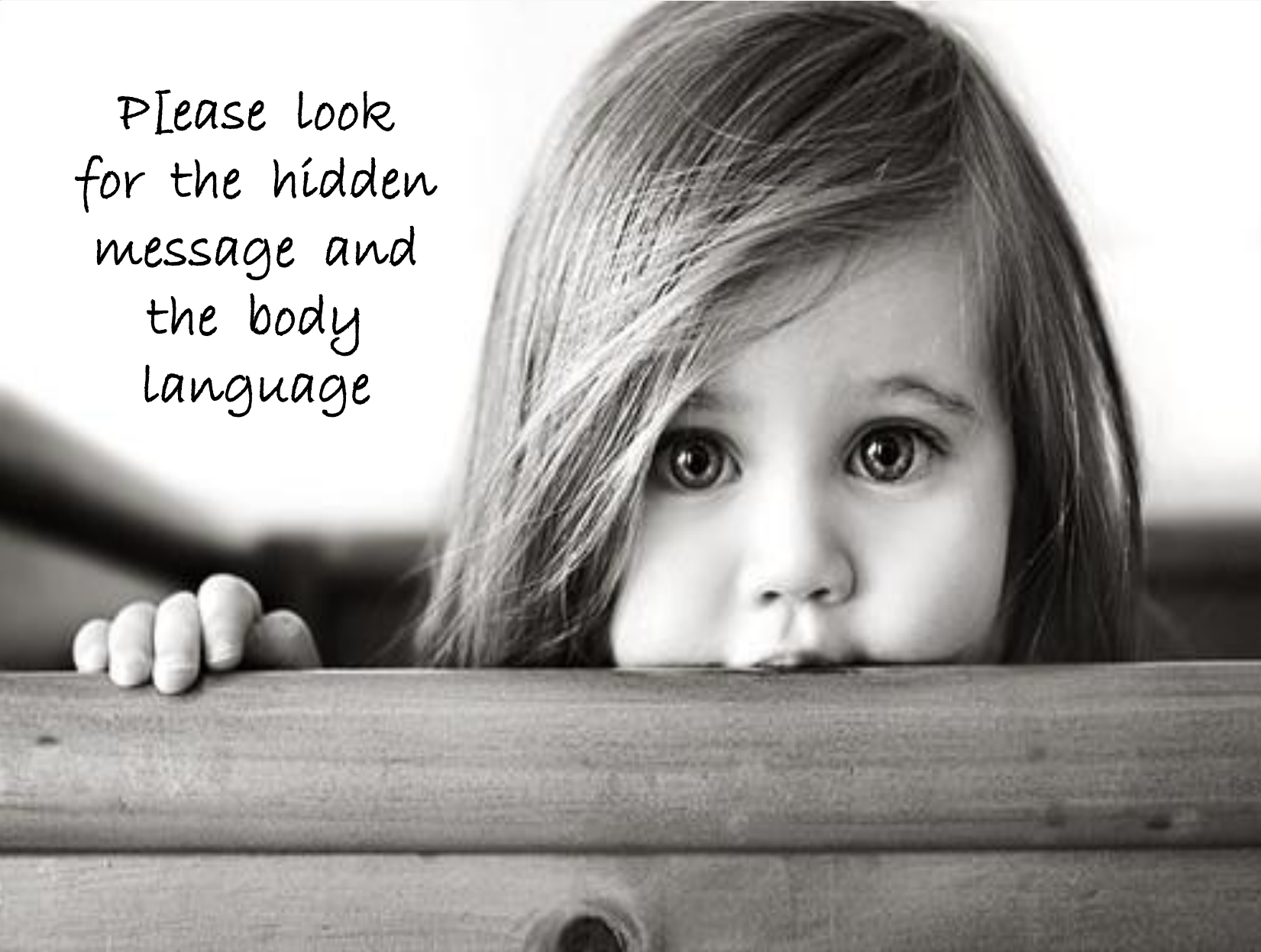
Touch



# A Physicians Guide To Medically Unexplained Symptoms



Please look  
for the hidden  
message and  
the body  
language





“It is much more important to know what sort of a patient has a disease than what sort of disease a patient has....!!! ”

- Sir William Osler (1849-1919)

# Qualities of the Consultant...DON'Ts

- ❑ Inattentiveness
- ❑ Aggressive language or loose comments
- ❑ Engaging in personal activities while patient is talking to you
- ❑ Blaming your colleagues or previous consultant
- ❑ False Assurances

# Medical Practice Today

Doctor is the  
service provider

MEDICAL PRACTICE

Patient is the  
Customer  
Supreme Authority



# My Expectations from Psychiatrists



# Patients Expectation

Its fine if you cant treat me but don't give me additional sufferings...



# Patient's Rights

.... on what basis you  
advised me ADD



# Patient's Rational Demand



# Research Breakthrough in Knowledge & Treatment

- ❑ Crossing the frontiers
- ❑ Entering new orbits
- ❑ Sigmund Freud of 21st century
- ❑ Electronics, Genetics, Bio technology, Medicine, Astronomy

# Be Aware

- ❑ Medicolegal aspects...
- ❑ Breach in confidentiality
- ❑ Transference and /Or Countertransference
- ❑ Crossing the Professional Relationship

# Psychiatrist as friend, philosopher & guide

- ❑ No sense of shame / guilt in approaching psychiatrist
- ❑ Social stigma attached should go

# Psychiatrist as an island

- ❑ Psychiatrists should build bridges with rest of the society
- ❑ Social presence of the Psychiatrists should be felt



# Social issues

- ❑ Why people are irrational?
- ❑ Why people believe in superstitions ?
- ❑ Is religion needed?
- ❑ Belief in God, Fate, Religion - sign of (mental) weakness ?

# Character assassination

Why people take sadistic pleasure in criticizing others ?

<b>Old Practices</b>	<b>New practices</b>
Gossip	Face book
Rumors	SMS
Anonymous letters	E-mails

# Role of psychiatrists in education

- ❑ Text books
- ❑ Counseling to students
- ❑ Condensed courses
- ❑ Parenting
- ❑ Orientation to teachers
- ❑ Language skills &
- ❑ Communication
- ❑ Skills

# Come Down from Ivory Tower

- ❑ Write columns
- ❑ Give Talks
- ❑ Participate in debates on electronic media
- ❑ Express opinions on public issues.
- ❑ Use your professional skills to find causes & offer solutions to social evils / public unrest

# New Spheres

- ❑ Marketing & Advertising
- ❑ Communication
- ❑ Management
- ❑ Sports
- ❑ Army & police

# Buvabaji (hoax) in self improvement field

- ❑ 'you can win' mantra
- ❑ Plug in solutions
- ❑ Instant noodles of success
- ❑ Buvas / Gurus as pseudo psychiatrists

- Reach the people
  - Reach the people
  
- Reach the people
  - Reach the people

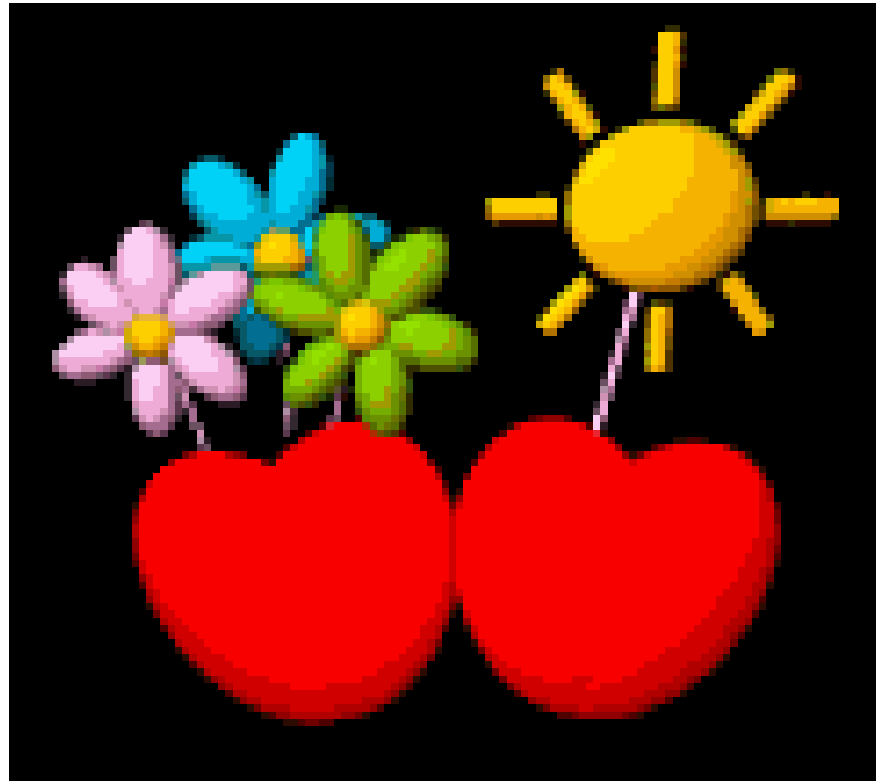
Then only they will reach YOU



# Take Care of Yourself....

- ❑ Physical fitness
- ❑ Mental fitness
- ❑ Socialization
- ❑ Family life
- ❑ Relaxation and hobbies
- ❑ Registration renewal if mentally fit

THANK YOU !



# Must Mention....

- ❑ SPECIAL THANKS TO **ALL MY PATIENTS** WHO TAUGHT ME A LOT AND POLISHED MY SKILLS

