

Thursday Tips #3 by Dr Rajesh Nathani

Dr Rajesh Nathani is a paediatric surgeon in Mumbai. He is in private practice since July, 1989. Apart from this, he is a member of various national associations of paediatric surgeons and paediatricians. He attends conferences, CMEs at all levels regularly both as speaker, faculty and as a delegate.

Last time, Dr Rajesh Nathani had shared his views on success in the medical profession. Today, he is back with some tips for young doctors and how they can become successful in this field.

• Have reasonable expectations

The medical field is highly competitive. Most young doctors being academically successful feel that success should come to them naturally after they start their medical practice. They want to treat maximum patients and be financially successful as soon as they start. But, that is not possible in most cases. So, have reasonable expectations when you enter the medical profession. Have patience, and over time, you will be able to build up your medical practice.

• Learn from experienced people

Talk to your seniors, watch interviews, attend events and seminars to learn from people's experiences. Even though many things may be different for you now, there is still scope for learning in many aspects. So, always keep yourself open to conversing with experienced medical professionals.

·Be prepared for the long haul

Medicine is a field where you get to practice what you have learnt academically. We must consider ourselves lucky in this matter. A doctor also never retires. So, be prepared for the long journey that you have undertaken. Most importantly, ensure that you are satisfied and happy with your work.

·Consider moving to smaller cities to set up your practice

It is more difficult to have your own institution but many doctors have proved that it is possible. If setting up a practice is difficult in the big cities, consider moving to mid-sized or smaller cities. It will not only be easier to set up your practice but also have a better quality of life. So, you have the best of both worlds.

·Don't hesitate to explore alternate careers

Just because you have studied medicine does not mean you have to practice it too. If you are not enjoying medical practice, there are many more alternate professions that you can explore – medical insurance, entrepreneurship, medical journalism and medical writing, teaching, clinical research, sports medicine. There is no dearth of opportunities in this world, so do not worry if you do not feel like pursuing what you started.