

Rotate between physician and patient roles

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ABSTRACT

Nowadays, the physician-patient relationship is affected by the social transformation and some unhealthy phenomena appear. By telling the story of my experience and experience in the rotation of physician-patient roles, the physician-patient relationship is supposed to be the comrade-in-arms of the same trench, requiring mutual respect, mutual understanding and mutual support. The aim is to improve the physician-patient relationship, so that the whole society can form a good atmosphere of respecting medical care and respecting health care, promote the development of medical and health services, and achieve the goal of healthy China strategy.

Soldiers are the guardians of a safe China, so medical workers are the guardians of a healthy China. Knowledge leads to medicine; virtue leads to medicine; prudence leads to medicine. It is an eternal theme to do a good job as a doctor, whether it is a first-line doctor or a superior doctor. Doctors heal the wounded and rescue the dying. If everyone does his or her job well, the society will progress and a healthy China will be realized. Human life is expensive, there are expensive gold, a party aid, virtue more than this. You are only competent if you do your job well, or you are a loose screw. A loose screw may cause a vehicle brake failure, may cause a plane crash, the consequences are unimaginable. Disease is the common enemy of doctors and patients, so the doctor-patient relationship should be the comrade-in-arms of the same trench, requiring mutual respect, mutual understanding and mutual support. However, today's doctor-patient relationship is affected by the social transformation, and some unhealthy phenomena appear. Medical disputes keep happening, and even affect the normal working order of hospitals. A good and healthy doctor-patient relationship is of great practical significance for promoting patients' rehabilitation, maintaining people's health, improving doctors' professional quality and sense of professional honor, promoting the development of medical and health services, and maintaining social harmony and stability. It is also expected by both doctors and patients and the society.

Every doctor will inevitably become a patient at some point. Sometimes, such role rotation shortens the distance between the doctor and the patient. In the process of diagnosis and treatment, patients can identify with how they think. This kind of thinking also makes me keep firm faith and self-reflection, and set sail on the road of practicing medicine.

I am a master's student in otoraryngology, a member of the communist party of China, and a native of fucheng county, hebei province. In September 2009, I graduated from the northwest frontier of the motherland and was assigned to xishuangbanna, the southwest frontier, mainly engaged in front-line clinical work. But loyalty and filial piety cannot have both. My parents are sick at home, and I can only visit them once a year in my busy career. In 2012, my mother was paralyzed in bed for many years due to multiple cerebral infarction. My father took care of my mother while working as a farmer, and bedsores frequently occurred. As a medical student, I tried my best to cure my mother's bedsores and could only take care of my mother during the short holiday. In November 2017, my father underwent an operation due to gallbladder cancer and liver metastasis. I could only take care of my father for a few days during the operation, and then returned to xishuangbanna with tears in my eyes to devote myself to the busy clinical work. Patients come from all over the world, not only from

poor families in the border areas, but also from neighboring countries of Laos and Myanmar in order to implement General Secretary Xi Jinping's One Belt and One Road strategy. On the other end of the phone as the father said, the child you have a lot of patients waiting for you to go to the doctor, parents here you are relieved. As a doctor, we should have responsibility, and as a patient, we should also have responsibility. Back to the unit only through the telephone to help the elderly sick parents, the telephone is the doctor, the telephone that double identity rotation, the telephone two doctors and patients double identity at any time to change. In February 2018, I began to study in Beijing. During the study period, I went home to take care of my parents on weekends. On March 7, 2018, the father on the phone choked up and said, "your mother is out of breath. Please go home." At that time my mood is very depressing, Beijing is closer to home than Banna, always feel very far, far to the end, because I will never see my mother. I went home for a few days to take care of my mother, then returned to the learning unit into a busy work state. After studying in Beijing at the end of August 2018, I lived in the beautiful Xishuangbanna with my old father. Xishuangbanna had a pleasant environment and beautiful scenery. However, in April 2019, my father was diagnosed with liver cancer metastasis and his condition deteriorated. After consulting with him in many aspects, there was no possibility of good treatment. At the same time, in order not to affect my work, I worked and lived in a dual capacity (both as a family member of the patient and as a doctor). On April 21, I was on duty at night when my father suddenly suffered from portal hypertension and vomiting blood. The department phone rang and the neurosurgery department urgently consulted a patient with nosebleed. I ran to the consultation with tears in my eyes. After I came back, my father died due to excessive blood loss. As a military father is very strong, my father with the image of a soldier infected me, inspired me to make progress. Now parents are gone, take is peaceful, leave is regret, is the burden. As a doctor, in line with the principles of honesty, simplicity, sureness, pragmatism, enrichment and truth, continue to make contributions to the frontier health cause with all one's heart, one's strength and one's responsibility. As the patient, I understand the original intention of the medical staff, after all, the common enemy of the doctor and the patient is disease, how to overcome the disease together is our original intention. Unity between doctors and patients is the power to overcome the disease, is the cure to overcome the disease.

Conflicts between doctors and patients are inevitable in medical activities. However, in communication with patients, medical staff sincerely care for patients, understand patients and explain them well. Of course, patients should also respect and understand medical staff. Under the current complicated medical environment, strengthening doctor-patient communication, improving communication skills, resolving doctor-patient conflicts, reducing medical disputes, strengthening public health education, and creating a good atmosphere for the whole society to respect and protect doctors play an important role in building a harmonious doctor-patient relationship and realizing the strategic goal of healthy China.

I sincerely hope that patients pay attention to their own health, pay more attention to them at ordinary times, go to the doctor early if they feel unwell, follow the doctor's advice, keep calm, and don't worry too much about anxiety. Although medicine is not a panacea, your doctor will be there for you. There will be confusion and burnout on the way to practicing medicine, but the thought of helping a lot of people in the future means not only a career, but also a mission! Will regain confidence, do not forget the original intention.

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