

The Journey of an Obstetrician

What is an obstetrician? An obstetrician is a physician who specializes in the branch of medical science concerned with childbirth and caring for or treating women. Most of the patients prefer a female obstetrician because of the insecurity they have with the opposite gender in particular situations during childbirth. But now, times have changed. There are many male obstetricians in this world today and some patients do not have any personal problems toward this issue. Gender should not stop a person from what he/she wants to do; it's just the will power of a person that takes an individual forward! An obstetrician's job is to conduct childbirth at the same time treat other female related problems. Basically, this profession is the study of women and their internal problems. Because this profession mainly deals with the internal organs of females, it becomes difficult for the doctor to examine the interior problems and is one of the biggest troubles that obstetricians have to face. Obstetricians need highly scientific instruments and tools, so that they can study what problems are going on inside the body and find a cure to them. This profession is very important and different because of the study of females. The treatments, surgeries, and operations require a lot of experience and skill. And that's why this is a very difficult profession to take up. You have to be a very good student and your degrees and qualification of how much you studied should be very high, then only your chances of becoming an obstetrician will be possible. Medical studying also takes a lot of money and time, so you can see that before becoming a doctor, there can be so many drawbacks one at a time. And this is just the starting of the career, who knows, there maybe a lot more to come.....

Obstetricians and other doctors also find time management a big problem. A medical career is not a fixed time job. There are no schedules and planners to organize your work because emergencies are very normal in this kind of profession. Anything can happen anytime, and the doctor should be prepared in whatever circumstances he/she is in. Obstetricians are 24x7 on call duty hours. Yes, technology today has made things more advance, and now we can predict when a child will be born, but it's still not accurate enough to tell exactly at what time the mother will give birth. That's why women who are pregnant have to go to the hospital every once in a month for daily checkups, and on the eighth month, they are admitted to the hospital and kept under strict observation so that the surgeons can take immediate actions when the muscle contractions in the mother begins the stage of labor. But there are also some solutions to these problems. If the physician develops a flexible sleeping time then he won't have much trouble waking up in the middle of the night and going for a surgery, which seems near to impossible for most of us, but it's a matter of time and practice, automatically the physician will be habituated in these kinds of situations. Having a working lunch in the hospital is also easy for the specialist because of the 24x7 duty. If there is any emergency, then he can immediately attend to it, but if the specialist is not there, then there can be problems for the

patient. Definitely, other doctors will be there to treat the patient, but the main doctor who knows the patient's symptoms and problems must be present in emergencies when he is called.

Child birth and delivery are sensitive jobs and involves a minimum of two lives- the mother and the child. There is any possibility of death to occur if problems in surgery and operation crop up. Sometimes, doctors are in such a situation where they can save only one life- the mother or the child. Conditions like these can occur due to the mother getting tired of pushing the baby for a long time, and the baby can't come out. If the baby doesn't come out of the mother's stomach during delivery time, this may be fatal for either the mother or the baby, or both. These kinds of situations can put the operator under a high stress level which makes him think that any mistake in the procedure can cost life or death, resulting into more anxiety and nervousness. These can cause further problems and may affect the patient and her family. It is very important for a surgeon to know what he is doing and be confident in his own work. He should keep aside some specific or particular times for updating his knowledge with the latest developments in medical science through studies and attending different conferences so that the right techniques can be used with the right tools at the time of emergency as per the requirements of the patients. This will facilitate the physician to be able to confront his challenges and obstacles during an operation and have a better state of mind.

Patient's family problems are also important because these issues add up to the mental state of pressure the doctor is in during a crucial treatment. It is equally important for a doctor to be a good counselor, so that during the critical stage of an operation, he has the capability to convince the patient's relatives, so that they don't get too excited or tensed during the treatment of the patient. The consultant should also go through a professional counseling course as well as the medical course so that he can handle the situation effectively and efficiently as the situation demands. All these problems add to the health and fitness of the doctor. Heavy working can cause health problems for the doctor. Time management, risky job, and high-stress level all add up to the fact about the doctor's physical condition and strength. It takes a lot of endurance and patience to go through this everyday and the physician does. He just continues to do his own work for the sake of family and monthly income. Do you know how much this can affect the doctor's mental and emotional state? This is not at all healthy for a medical doctor, but he can do regular activities which can subside these problems all together. The doctor should always remain calm and cool, so he has a peace of mind. He should also do meditation and yoga to lessen the stress and tension that always mingle around him. Recreational activities and physical exercise will help him the specialist stay active, energized, rejuvenated, and fresh. Light, healthy, and low fat food help the doctor work more proficiently during heavy hours of rush. A doctor must always remember that if he won't be able to take

care of himself, then how can he be able to take care of his patients. Even during heavy duty hours, it's the doctor's responsibility and liability to stay fit and healthy not for himself, but for his patients.

Why do I want to be an obstetrician? Why would I want a profession which starts and ends with problems? First of all, no profession is as easy as it seems! Maybe, another job will have even more and complicated problems than my profession has. You have to work hard to achieve something in life. You have to go through a lot of stress, hardships, and mental pressure before you can reach your goal, and only after that does life become easy. I'm not trying to say that doctors are the most important people in this world because they save a lot of lives. It's a fact that they do, but every profession has its own value and important role to play in life, and we should salute the people who carry out their duties and responsibilities for others, sacrificing their own lives. If those people didn't perform their role correctly then it will affect others work. I want to tell people that don't be something in life, be someone in life. Do what you want to do and be what your heart tells you to be. Be what your passion is and shine like those people who we now salute. Your profession won't be your job or your career, it will be your enjoyment, happiness, and joy in fulfilling your dream and goal in life! Do what you want to do and follow your passion, you'll soon be at the top of the world!