

Dr. X just passed MBBS. He says he have no idea on what to do next. He does not want to go to a coaching institution for NEET PG preparation, as he is fed up with studies since school times. To him it

looks like fetching a bag full of certificates or mark sheets does not bring him anything rather than wasting his young life period getting wasted sitting in front of books without much use. Also he do not

want to try for USMLE or PLAB.

He just wanted to spend some time working as GP, getting some pocket money and enjoy life for the time being and to throw away stressful thoughts like career and education for now. He joined a corporate hospital emergency department with a fairly good pay. He enjoyed the initial period of his first job with the pay he was getting.

But with passage of time he was frustrated with the administrative pressures and those from the specialists regarding handling the patients. In the meanwhile he was searching for jobs in one doctor clinics and managed to get one as he wished, but was far away from his home.

Time was flying in between and he started thinking about PG preparation, and joined one institute with

satellite coaching facility. Since he lost touch with subjects due to GP job he could not do well going there. Also within a couple of months COVID crisis broke out and lock down emerged with loss of his current job.

He don't know what to do next!r.

### **How the doctor handled the above situation, and what is the learning from it**

Doctor actively listened to all his issues. Acknowledged and validated his emotions attached to the issues. Addressed his concerns. Established rapport in professional manner. Gathered more information. Did realistic reassurance.

Arranged for a collaborative decision making. Meeting with parents , friends were arranged. Strengthened psychosocial support system.

Relaxation techniques were taught to him. Distraction methods were explained. Breathing exercises were taught. Enhanced communications among family members and peers.

Helped him to make an action plan to consider multiple options and how to select one out of them, and advices on how to implement it. Taught him risk benefit analysis of each plan and to arrive at one

final decision. His motivation was enhanced effectively with cooperation from his side, and strategies to sustain

motivation was also taught to him. Advised lifestyle modification, and set daily routine with shared decision making. Regular physical

exercises were advised. Helped him in reducing unnecessary waste such as by reducing screen time, setting limits.

Links for motivational videos in YouTube and other sources were shared with him. Google images on motivation enhancement quotes were sent to him.

Elements of spirituality, meditation, yoga etc. were incorporated to help him. Also for self empowerment principles of self care, self recognition, self realization, self actualization etc. were explained to him in a way he can understand that and practice it by himself.

Other general measures to lead a happy and contented life, how to handle stressful situations, anger management, sleep hygiene techniques etc. were explained to him in detail.

(From Dr Johncy)