

Emergency Health Care Providers are Humans Too

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Emergency Medicine is a stressful clinical field and we as health care providers often forget the human factors which are at play. It is important to remind ourselves of the non-technical aspect of our job and treat our patients, colleagues and ourselves as humans first.

It is easy said than done but a smile and a cup of coffee on a busy shop floor goes a long way. A respectful genuine conversation with an overworked colleague or staff member might be all someone needs for making their day at work [1]. Thank often. Everybody tries their best for the best outcome to be possible. There is no harm in spreading kindness to the people around you. You are in need of your kindness on priority [2]. It is okay to take a meal break, a cup of coffee, a spin to the rest room to empty the long held bladder and a moment of reflection and a pause to reset your own mind. Leave work at workplace and other business out of work. Stay calm and focussed and feel comfortable in your own role. Ask for help if needed. It is not a weakness to realise our own boundaries and asking for some extra pair of hands at your help. Teamwork is the key to success especially in Emergency Medicine. And lastly, majority of complaints and errors arise from disruption of communication. Hence it is again OKAY to ask for repeating the conversation for clarification. It is better to take more time to clarify than to be sorry later on [3].

I hope the current issue of our journal brings all the positive energy to our readers to help them cope with the stress of dealing with emergency situations.

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