

Resilience : How Colorectal Surgeons Respond to Change and Mishaps?

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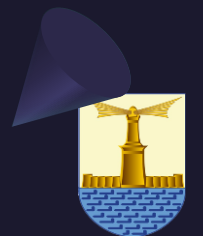
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Disclosures

- Speaker and trainer for Medtronic
- Consultant for Touch Stone
- Speaker for Sanofi pharmaceutical



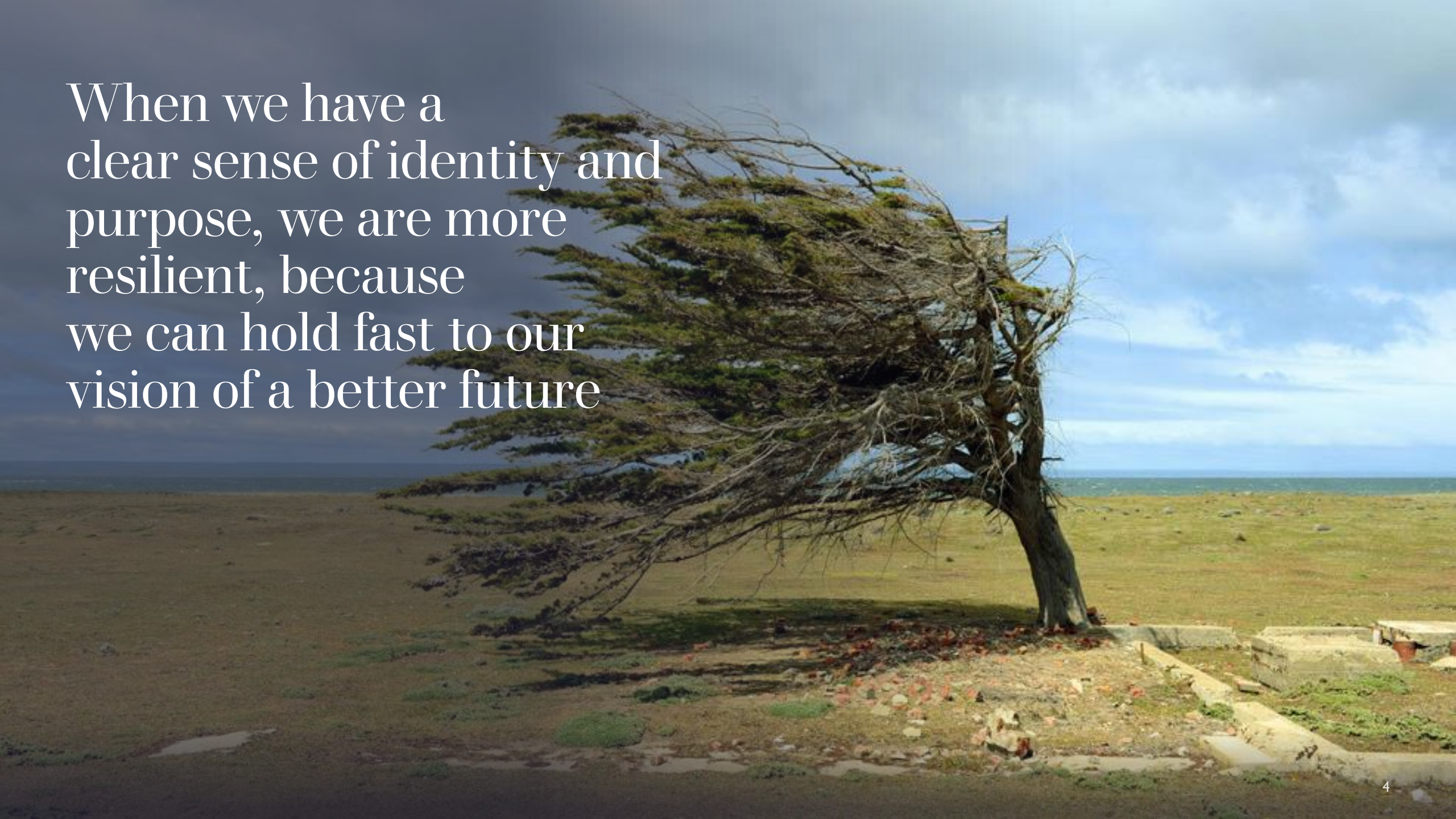
What is Resilience?



- “The process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress”

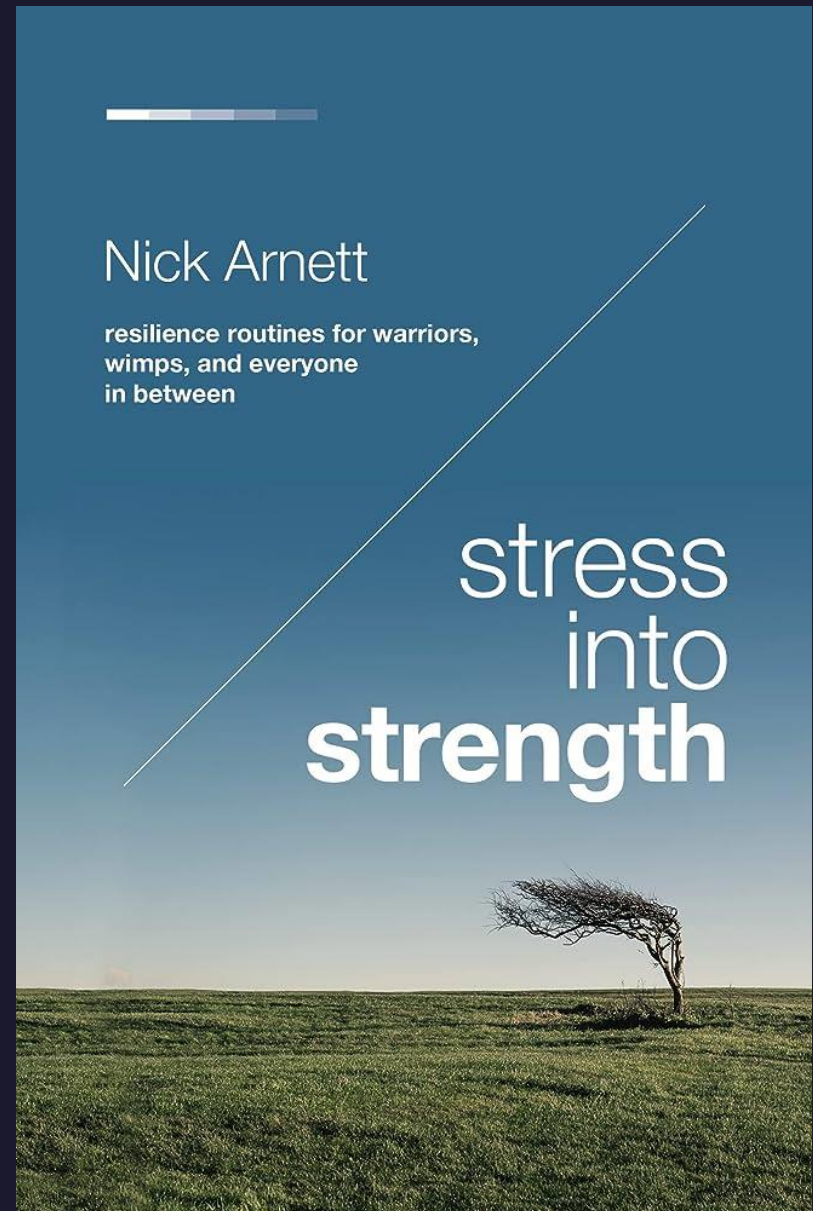


When we have a clear sense of identity and purpose, we are more resilient, because we can hold fast to our vision of a better future



Components of Resilience

- **Building inner strength:** healthy habits which nourish the body and mind and increase natural resilience
- **Learning cognitive coping skills:** thinking skills and habits which help you to cope with problems effectively and reach solutions
- **Learning social-emotional skills:** understanding and managing your own and others' emotions, to improve working with others and on your own
- **Making use of external sources of support:** connecting to other people and to outside resources to help you in times of difficulty



Does resilience really matter in surgery?

Diane Couto wrote “more than education, more than experience, more than training, a person’s level of resilience will determine who succeeds and who fails. It’s true in the cancer ward, it’s true in the Olympics, and it’s true in the board room”





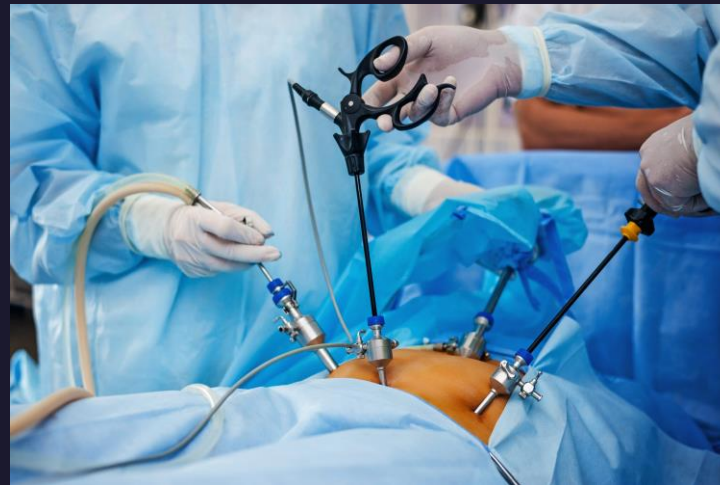
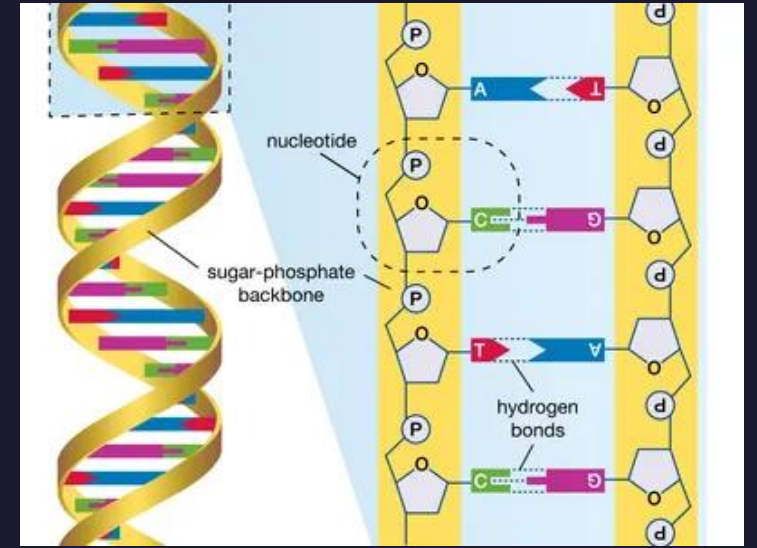
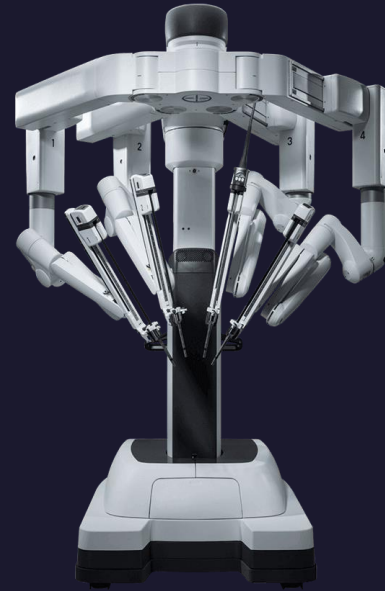
How do they and many others stayed active for decades and made difference in our world?



- The changes and career challenges they have faced are likely innumerable, but they continued to move ahead



Challenges in past 25 years!!



The personal journey through change When change is inevitable!



- When you experience an abrupt change, one usually goes into denial
- Depending on your level of resilience, you may stay in this state for a while
- You then move into a level of resistance for a time
- You begin to explore new venues, become committed to a new task, and then transition into a new beginning



History of Laparoscopic surgery

- The first laparoscopic appendectomy was performed by Semm on 13 September 1980 at the department of obstetrics and gynecology, University of Kiel
- The medical world reacted with the most violent hostility and opposition :

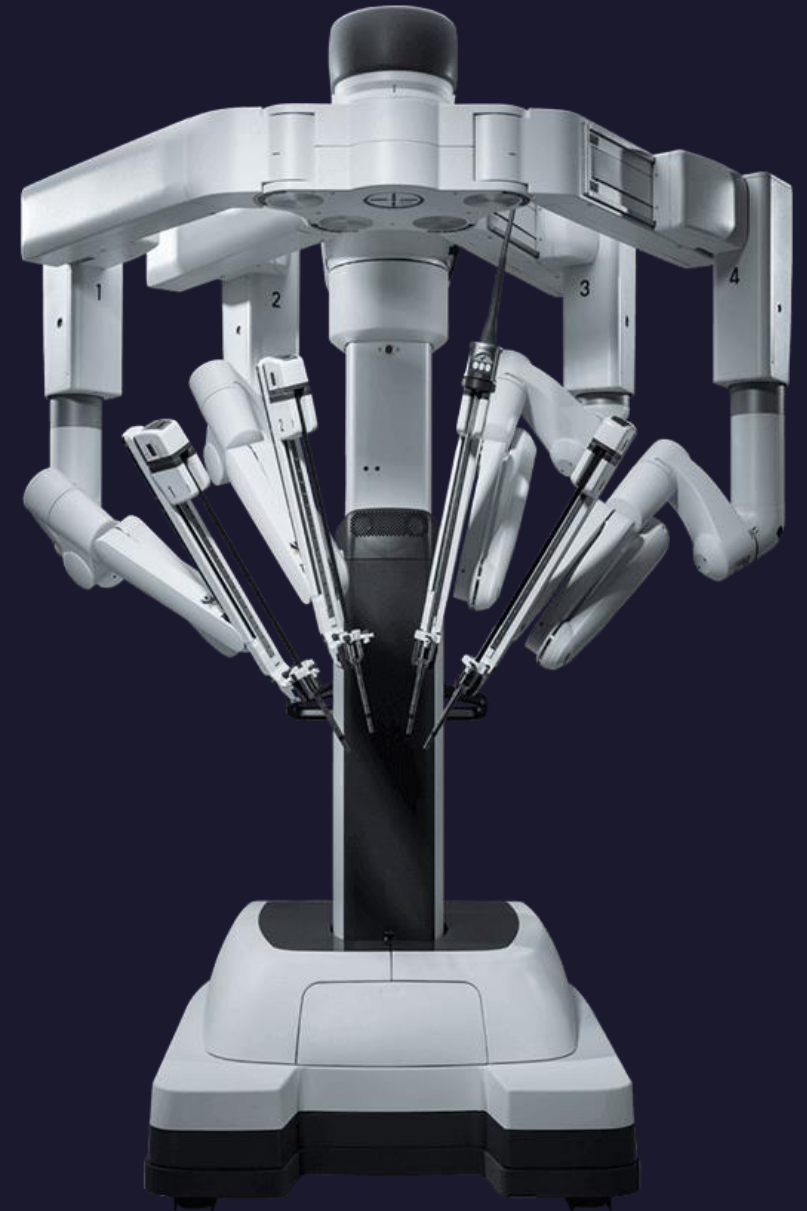
“Both surgeons and gynecologists were angry with me, they virtually stoned me. All my initial attempts to publish a report on laparoscopic appendectomy were rejected with the comment that such non-sense does not, and will never, belong in general surgery.”

Thus, his first report on laparoscopic appendectomy was published no earlier than 1983



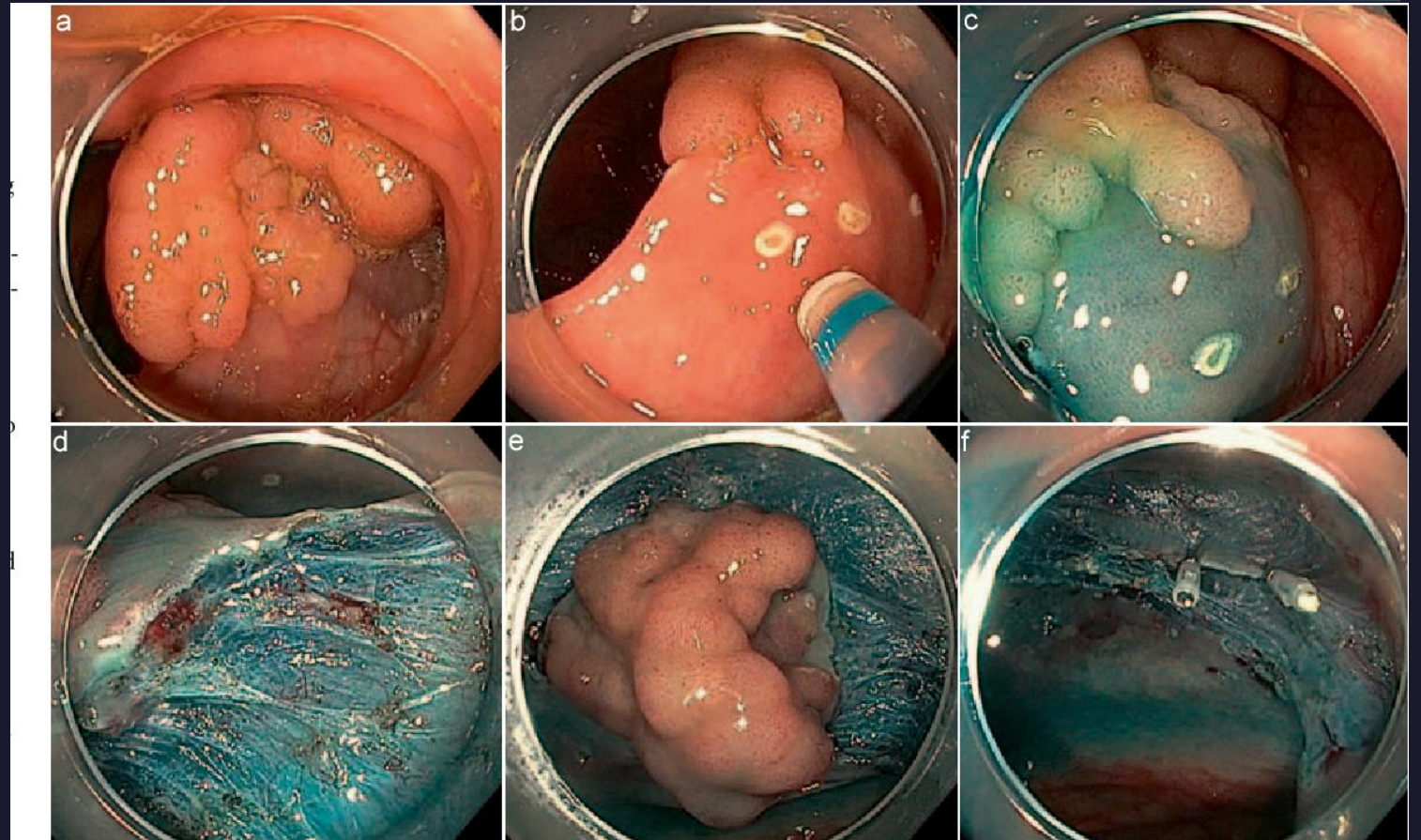
Robotic Surgery

- Visualization of the field of surgery by means of 3D technology
- Extension of surgical instruments to high degrees of freedom permit MIS in complex situations
- Robot enables the surgeon to work without tremor and with a low level of fatigue (better ergonomics)
- The learning curve is shortened, complication rates are reduced, and training in surgery is fostered



Endoscopic Intervention

- ESD
- EMR
- Stenting of obstructed colon





“If you are not going to do it, they will do it”

How to make yourself more resilient when life gets hard?



- Acceptance of change
- Perceive and believe
- Manage your emotions
- Self-empowerment
- Prepare
- Stay busy, busy
- Professional networks
- Give help



Accepting Change

- You can do laparoscopically almost all cases that you were doing it open
- Total direct and indirect cost of laproscopy are pretty much like open
- Robotics are not money wasting but they are helping to do difficult precise procedures with better ergonomics
- Precision medicine and tailoring treatment based on genetic profiling is not a luxury
- AI can replace many jobs in healthcare system



Manage Your Emotions



- The one thing that can keep you out of trouble “Just calm down for 24 hours and think about it and then follow up the next day”
- Do you know that there have been many scuba divers who have died with plenty of oxygen still in their tanks? **Divers have panicked and pulled off their regulators to get the obstruction out of their mouth and subsequently drowned**



Self-Empowerment

Taking charge of your own life, in your workplace, with your colleagues,
with residents, medical students, with your superiors, with your body,
with your illness



Self- Empowerment

How come most of us don't do it?

We don't all have a full understanding of how to do it properly, or even what it means?

Have a strong internal belief system and not blame others for your mistakes

One of my attending physicians had a great quote **“Excuses are the poetry of failure”**



Prepare

- After living and working in 4 continents over 25 years, I can now say that surviving threatening situations in surgery needs good preparations upfront?
- It's tough to prepare, for a situation that has not happened yet, have productive habits and eliminate wasteful ones
- I might have done a case a thousand times, but I will still pull out a textbook and review the case and the key elements to make sure I'm fully prepared



Prepare

- Over the last 3 years, I've had a very close relationship in UAE with my chief executive officer, my chief financial officer, and my chief nursing officer. Through these individuals, I have learned a lot about the business of medicine
- One thing that I have learned, though, is that if you don't come prepared, or if you arrive late, you might just go back to bed
- Preparedness helps develop resiliency



Staying Busy and Working, Working, Working

Resilient people know that staying busy not only gets you closer to your goals, but it is also the best way to stay calm

We should find a balance between taking care of ourselves, our careers, and our families. This balance aids in producing resiliency



Professional Networks

- I still remember one of my mentors many years ago who would say, “Don’t feel bad about calling me, but don’t forget that it’s a sign of weakness.”
- Our colorectal world, is such a small world, and if you reach out to a friend or call an old mentor, they have probably experienced the same problem at some point in their career that you’re dealing with right now



Give Help

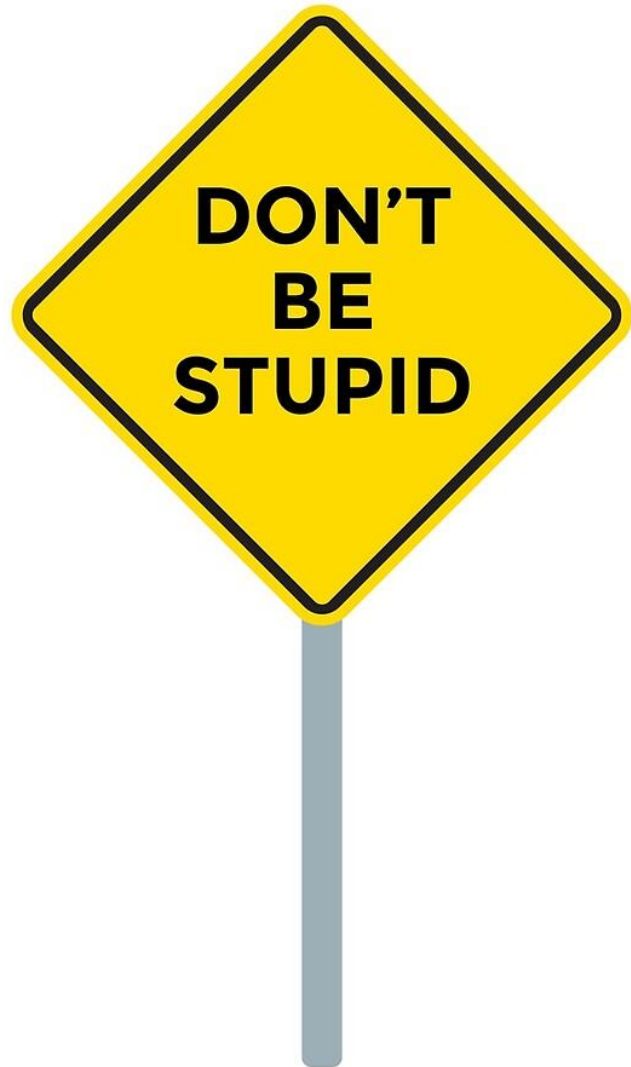
- Years ago, we all chose to dedicate ourselves to helping others. Giving help in times of our own personal stress, even in the worst of times, can certainly help you. There aren't many professions out there that are as powerful as ours as caregivers



ESCRS

- It's truly amazing how far we have come since the first meeting of great minds,in 1998
- They helped to organize and start this organization, and we've grown from a tiny group to more than 500 members nowadays
- ESCRS provides chance for professional networking, help and collaboration





Last word

- Resilience is an integral part of being a surgeon
- Take care of patients
- Listen to what your patients are telling you
- Make a contact with you patient and Don't be arrogant
- Love and help one another
- Always move forward
- Accept change and don't be stupid



THANK YOU!

