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20 – Promoting the Health and Well-being of Family Doctors -Guerilla Tactics for Family Doctors

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Physicians are well known to be very reluctant to have a family doctor –but every GP needs a GP! They don't feel the need to have a competent medical “second opinion” or just a routine monitoring of their health. They know it all – and who would trust another doctor?!

We decided to tackle this issue as a Military Operation –the doctor as his own enemy and feeling surrounded by enemy colleagues.

Sometimes when your day was fully packed fighting infectious and non-infectious diseases, fighting against insurance companies' bureaucracy, struggling with technical problems in your computerized office, never finding the right specialist at the right time when you need him/her, then one can feel forsaken from the protecting crowd of medical doctors.

In your Forward Command Post, with limited low cost armaments, as near as possible to your entrusted patients, that's where your graduate and postgraduate Training someday comes to an End. Once you realize that the people are the key to be secured and defended rather than the conquest of new Scientific Territory, you will seek new strategies to carry on.

Guerilla Tactics for Family Doctors focuses on low-cost strategies to guarantee one's own healthy survival. These Guerilla Tactics were surely never taught at any medical College, or at the University...

Strategies for Survival

Acquire Dogs & Training

Since scientists left their Offices and followed Timber Wolves to the woods, we begin to understand why dogs are the most successful companions of Mankind. They developed a rich Body Language or “Calming Signals”, easily understood by any Dog worldwide, and by humans! If you want something to be done by a dog, it's mostly a question of motivation! Dogs immediately show their Feelings and Emotions to the pack and seem to balance Signs of Stress and Discomfort very quickly in order to avoid stress (Turid Rugaas). A Dog wants to get out no matter what the weather and enjoys your sporty companionship very much. Communicating with this species focuses on the understanding of Body Language and a few Words. And by looking at the dog, you know who's boss ('What the Dog Saw', Malcolm Gladwell).

Photography

A doctor should have fundamental knowledge of taking a picture. As doctors, we are obliged to focus on Light, to help People out of their unknown Darkness of their Complaints: The more you see, the more you learn, the more you learn, the more you see (Aldous Huxley). Go buy a good Camera! Reframe your Picture of yourself as a GP on a regular base. Be aware that you only get the inside-out view. Once in a while, you should also practice the art of looking outside-in (Kahneman).

Try to relax and condense a moment of time, freeze a movement, a notion, catch an emotion with your lens. Then store it and refresh every bit of these pictures. You might try some photoshopping once in a while. Delete what you don't like, sharpen the edges, give a little more contrast when it's lacking, be the director.

Dancing

Dancing offers Family Doctors a whole new world of a worldwide fully accepted Concept of Interaction with our Patients and Fellow Colleagues of other Disciplines.

The Euract "Bled" Courses in Slovenia offer Family Doctors dancing lessons!

In our daily consultations we mostly perform a Pas de Deux. Compliance and Adherence are about Leading and Following, and getting into ones Stride. It's a fine School of humour in our attempts to follow the Rhythms of Life.

Sometimes you're invited for a Quickstep, the next patient is in for a Tango, the next one likes to Waltz you around and a day without a Rumba is a day not lived. All this dancing can exhaust you, and at the end of the day all you want is to skip along Fandango on a Whiter Shade of Pale with your life partner.

Haute Cuisine

Some Principles in Cooking are compatible with our prescriptions /interventions: please take a close Look at the local Food Traditions. Exchange Recipes! Ask your patients in which season and how to prepare the Fresh Food when you are rewarded with it at your Office.

Train your Nose and your Senses of Taste for the Joy of Life not only for the cure of illnesses.

Lucky you when your dog is under-the-table to protect you from: Medicus Medico Lupus est!

Sailing

Some principles of sailing are also very useful.

If the wind is coming straight from behind, just go straight out – if that is the direction you want to go.

If the wind is from one of the sides, you can still go straight out without manoeuvring a lot.

If the wind is opposite to you, and you decide not to go with the flow, then you need to tack.

If the wind is changing a lot, you need to adjust your course and tacking.

Always know your goal. Tides and winds are just as easy to play with as coping with life and its doings.

In your Network it's the knots not the mesh! Sail fast and live slow in the seas of Love!

Symphonic

Symphonic thinking is an art that is very useful in your daily life as well as in your daily practice.

A symptom or a complaint might be a note, it might be a tune, it might also contain a whole song or harmony. Train your ears in discerning what you hear – or don't.

Think of remedies or solutions as of symphonies: there is more than one music player at work, although the solo of an instrument can do wonders – if it is well timed and perfectly orchestrated.

All players are equal, as equal as the slowest or worst or atonal player. See to it that you know what you are directing – and to what it should lead: a wonderful piece of Bach or Beatles. Engage yourself in the way of lateral thinking and listening what's between the lines due to celestial strings!

Conclusion

Lucky you living in the countryside, if you've found a wonderful Partner for Dancing, a Dog as your Personal Fitness Trainer, and a friendly Photographer/ friend who takes your picture and lets you look outside in. Lucky you if you can sail on symphonic thoughts.

The Art of practising these touches of Guerilla Tactics in Dog Training, Cooking, Dancing, Sailing and Taking Pictures while playing music is taught in the University of Life, and patients, partners and students help us in developing skills, motivation, feedback and in maturing together.

