

Letter to the Editor

A frank letter to a psychiatrist

Sana Rajani

3rd year Medical Student, Lokmanya Tilak Municipal Medical College, Mumbai

E-mail – xs2sana@gmail.com

Sir,

Lately I have realized something about psychiatrists, something tough for me to absorb.

Patients hardly accept that they need a psychiatrist.

If they do, they hardly accept the diagnosis

And if they accept, they may not be compliant with the treatment.

Any part of the chain breaks, we as psychiatrists lose.

And if they don't get cured, they lose the purpose of their life.

A psychiatrist once told me, 'we never see deaths, no one dies, trust me. If you fear facing a patient's death, become a psychiatrist.'

But now I know, may be they don't save life, but they are heroes, real life heroes. They give life to a patient who has lost his volition and does not even know it.

I think, it takes a lot of bravery, to trust your diagnosis, when no one accepts it, when there is no investigation to prove it and that too a diagnosis that is made by taking history from a person in the most unreliable phase of his life.

Wow! That's a brilliant doctor, I think.

I wonder, what makes psychiatrists happy, what keeps them going. They don't wait for a heart suddenly beat, they don't wait for a babies first cry, they don't wait for that body to stand on a prosthesis. They listen to a hundred stories of failures, see a plenty of misty eyes every day.

Yet, they keep going.

That's a superhero for me