

**Christian
Medical & Dental
Associations**
Changing Hearts in Healthcare

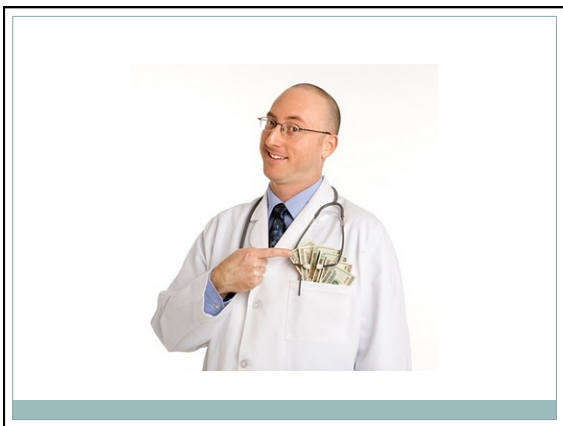
The (un)Cynical Healthcare Professional

MAINTAINING YOUR MISSION
ON A CYNICAL CAMPUS

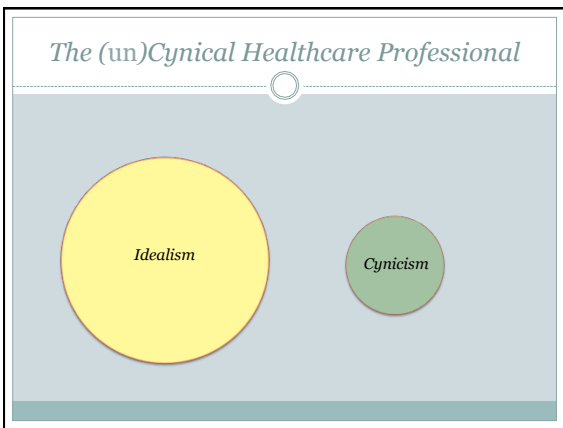
J. Scott Ries, MD, FAAFP
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The (un)Cynical Healthcare Professional

Why did you choose healthcare as a career?







The (un)Cynical Healthcare Professional

*How can YOU avoid becoming the cynic,
and become an
(un)Cynical Healthcare Professional?*

The (un)Cynical Healthcare Professional

1. Make a difference where you are today. Now.
2. Realize that little things...matter.
3. Practice Gratitude.

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Cynicism:

"What is a cynic? A man who knows the price of everything, and the value of nothing"
Oscar Wilde (Irish poet)

"Idealism is what precedes experience, cynicism is what follows"
David Wolfe

"When a cynic smells flowers, he turns around to look for a coffin!"
H.L. Mencken

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Cynicism	Gratitude
<ul style="list-style-type: none">• Focus on self• Self gain• Self ambition• Distrusts the motives of others• Jaded negativism• Sees things as they are	<ul style="list-style-type: none">• Focus on other than self• How can others benefit• Team player• Pursues good for another, even if it costs• Thankful for the current good• Sees things as they ought to be

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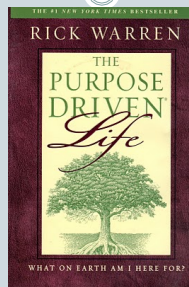


- “Yesterday is history. Tomorrow is a mystery. Today is a gift... that’s why it’s called the Present.”
- Exercise your Gratitude. It changes everything.

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1. Make a difference where you are today. Now.
2. Realize that little things...matter.
3. Practice Gratitude.
4. Recognize “It’s not about you”.

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1. Make a difference where you are today. Now.
2. Realize that little things...matter.
3. Practice Gratitude.
4. Recognize "It's not about you".
5. Resist entitlement mentality.
 - o Offered a Loan ≠ Accept a Loan
 - o Live below your Means
 - o Give—even as a Student

The (un)Cynical Healthcare Professional


1. Make a difference where you are today. Now.
2. Realize that little things...matter.
3. Practice Gratitude.
4. Recognize "It's not about you".
5. Resist entitlement mentality.
6. See the big picture of life.

The (un)Cynical Healthcare Professional

- Rx for the (un)Cynical Doctor:


*"It becomes every man who purposes to give himself to the care of others, seriously to consider the four following things:
 First, that he must one day give an account to the Supreme Judge of all the lives entrusted to his care.
 Secondly, that all his skill, and knowledge, and energy as they have been given him by God, so they should be exercised for His glory, and the good of mankind, and not for mere gain or ambition.
 Thirdly, and not more beautifully than truly, let him reflect that he has undertaken the care of no mean creature, for, in order that he may estimate the value, the greatness of the human race, the only begotten Son of God became himself a man, and thus ennobled it with his divine dignity, and far more than this, died to redeem it.
 And fourthly, that the doctor being himself a mortal man, should be diligent and tender in relieving his suffering patients, inasmuch as he himself must one day be a like sufferer."*

Dr. Thomas Sydenham

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