



# Breaking the circle

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## Summary

**Introduction:** The text is a personal essay on the medical profession. The author begins by recalling his experience as a medical student, where he spent more than 30 hours straight in the corridors and operating rooms of the hospital. He remembers the classmates who supported him and helped him love medicine and those who treated him badly. The author reflects on the importance of teaching in medicine and the need to return to the profession's origins and to the principles of Hippocrates.

Overall, the text is a thoughtful and well-written essay on the medical profession. The author conveys his ideas clearly and effectively, using personal examples to support his arguments. The text is valuable reading for anyone interested in medicine or education.

## Key points from the text:

- The medical profession is demanding, both physically and emotionally.
- Medical teachers have a significant impact on the lives of their students.
- It is important to go back to the origins of the medical profession, to the principles of Hippocrates.

**Conclusions:** It is concluded by affirming that teachers can transform lives and that these lives can transform nations.

## Keywords:

**MeSH:** Medical education, Continuing medical education, Teachers ...

## Abbreviations

None.

## Supplementary information

No supplementary materials are declared.

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## Author contributions

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## Introduction

When it strikes 12 noon, and I enter the teaching room of my beloved hospital home of which I am a part and look at the students I am in charge of, I cannot help but return to the days I trained as a specialist.

I remember the corridors and operating rooms through which I spent more than 30 hours in a row, the meals with my colleagues, the laughter, and the tears that I often held back in front of people. I remember how there were people who, perhaps with the desire to teach but not in the best way, possibly because they were trained similarly, created havoc and bad moments during my postgraduate course. I remember those who did not allow procedures and did not allow us to talk, eat or sleep because they had authority over us.

However, within all this, what I do not forget is the people who helped me in other ways, made me feel capable, supported me, and taught me to love the art I make every day without any personal benefit or retribution. It is not about being modernists or wanting to achieve new things; it truly is about going back to our origins, to the time of Hippocrates with his oath in which every doctor who intends to practice this profession complies with its principles such as: “teach them this art for free if they want to learn it; to communicate the vulgar precepts and the secret teachings and everything else of the doctrine to my children, and the children of my teachers and to all the committed students and who have taken an oath according to custom,” and thus ensure that medical training every day is of higher level not only in academic and scientific fields but also in the quality and humanism of the professionals who are trained.

And I return to my present in front of my students. I think about what kind of person I want to be, like that person who motivates residents to continue or for whom you want to leave everything, and that is when I understand how good deeds, whether they are small or big, can improve the life of someone else and that in this time when we think that the world is in decline, in which individualism and personal interests are what abound, with a good word, with a friendly class, with a word of motivation, or with a correction with respect one can be the difference.

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The paths of teaching arrive, I have had good times, I have learned to pass on my knowledge, and my education would not have been the same without my good teachers. A Professor transforms lives, and those lives change nations.

## Abbreviations

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