

Building Competence with Confidence in Medical Education and Practice.

Background & Purpose: With the kind of advances in science and technology and their use in the practice of modern medicine, the health care experts, which include doctors, nurses, paramedics and health system managers are faced with great challenges and also a unique opportunity for improvement of proficiency with confidence in this century. The Increase awareness and available information through information and communication technology based services to the public have made it possible for the people to demand better patient care services from the health sector in India. We need to therefore improve our competence in the health care practice, that is ethically acceptable, socially sensitive, and at an affordable cost while of course maintaining a high standard of quality and patient safety. It will need better training and facility establishments for practice.



Prof. Ramesh C. Deka
Director, AIIMS
New Delhi

Materials: In attempting to achieve that kind of goal, emphasis has to be made in building competence through proper medical and health education in academic institutions/colleges, which will need to be developed accordingly with required infrastructure facilities including modern functional equipments such as imaging and technology based machinery. Manpower training and expertise to work with all such technologies and machinery is another aspect to be developed and sustained for proper functioning and their effects to be delivered to the patient and people. We need also required funds to manage such institutions with qualified doctors, nurses, paramedics, health system managers and other supporting staff. Proper training curriculums are to be developed with contemporary and emerging knowledge, technology and culture in biomedical sciences. How can we do that? That's the question, we need to address. We need to stimulate and motivate our young friends and colleagues

Results/Comments: These are based on our experience and practice based knowledge. We need to build competence, confidence and courage in the new generation of health professionals so that they can face with the challenges with courage to learn the modern medicine which is full of evidenced based data, disease understanding, combined with available newer drugs and other technologies both for diagnostics such as molecular techniques, imaging and ultrasounds etc, and therapy such as radiation, laser etc, including new surgical methods using technology, such as endoscopies, angiographic methods, operating microscopes, image guided surgery of brain and robotics.

There has been a large corpus of knowledge now and it is increasing every day and it is an opportunity for the doctors, scientists and others to take advantage of all these that are available to us today and accordingly we need to prepare many experts, professionals and leaders to transform the health education and health care system and its delivery and also developing capabilities and capacities through training such as workshops, CMEs for this purpose in India and thereby to reduce infant /maternal mortality and controlling and containing both communicable and non communicable and life style diseases and preventing birth defects in our children through application new knowledge and use of information -communication technology by establishing Tele-medicine and by improving linkage between the Primary care and secondary care centres manned by trained doctors, nurses and also paramedics, beside public support.

With imaging we can diagnose cancers early now and provide modern cancer therapy effectively. The infection controlling antibiotics, antiviral vaccines, and a host of pharma molecules available today's health professionals are better placed to treat many diseases. However they would need to learn both problem solving knowledge, skills and attitude blended with cultural and emotional competence to provide satisfactory care services as well as becoming teachers in medical colleges and transforming the healthcare sciences, delivery system and the educational processes in India in a big way and thereby connecting with people and serving the people with much more effective manner and to the satisfaction to the public.

We have a large chronic disease burden in the country and it requires establishment of more tertiary care health centres/hospitals in the country to manage these patients of the country. It is being planned in the next 12th 5 year plan by the planning commission and government by providing more allocation for health budget. We will need also to improve our Rural health programme and primary health care sector to promote good in the people especially the children as they will be the productive new generation and prevent all preventable diseases such as diarrhea, infection and nutrition related diseases including promotion of breast feeding of newborns up to 6 months. This latter step alone can significantly reduce infant mortality rate in India.

We need therefore to do relevant innovations and research for building better academic ecosystem hospital and health systems in India and to improve practice of medicine using our data and experience as medicine today has changed a lot with advances in biomedical sciences and technology. We can do it by making modular and protocol based practice of medicine.

We have to make a change in our mind set for better hygiene, provision of clean drinking water, food habits, exercises, and above all making a habit of undertaking a regular health check up at primary level care centre/secondary care hospital. To achieve this we need a large number of family and primary health care practitioners besides doctors, nurses and paramedics, village level health workers in India for better quality life and thereby improving our prosperity. The community and people must have to participate in such a health programme to come being in the country.

AIIMS. New Delhi-110029