

## **DO PATIENT'S OUTLOOK AND MORALES INFLUENCE SURGICAL OUTCOME?**

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"The art of medicine consist of amusing the patient while nature cure the disease"

Francois Voltaire  
1697 - 1778

"Some people do have more positive outlook, but almost everyone remembers negative thing more strongly and in more details"

Clifford Nass

**P**hysicians around the world are well aware of their duty to provide a high standard of care to their patients and the overwhelming majority do so on a daily basis. So why there is an ongoing conflict between patients and their physicians that culminate with patients sue?

Things can go wrong in surprising ways and when it comes to surgery even seasoned physicians may occasionally experience less than ideal outcome.

Our mistakes may be a useful learning tool for us and for the wise colleagues, what went wrong with surgery is related to the following reasons:

Wrong surgeon	Wrong judgment
Wrong diagnosis	Wrong patient
Wrong technique	Wrong patient expectation
Wrong facilities	Wrong ward

Out of the above eight leading causes for failure in surgical practice and what should avoid is the improper patient selection.

High index of selection includes not only the existing pathology but extends to include patient morale and attitude, both of which can influence surgical outcome to a great extent.

More and more medical professionals are realizing that if a surgical patient has a positive outlook, their recovery is hastened and they experience fewer complications.

Benefit of an optimistic outlook also translates to physician whose communication and attitude can influence their patient's expectations and enhance the surgical team focus.

Sir Astle Cooper (1786-1841) stated that: *"It is the surgeon's duty to tranquilize the temper, to beget cheerfulness, and to impart confidence of recovery"*.

It is vital to keep the surgical patients out of the depressing environment as soon as possible. This was confirmed by old statement from Charles Mayo (1865-1993), he stated that: *"The sooner patients can be removed from the depressing influence of the surgical ward the more rapid their convalescence"*.

It is a well documented fact that personal behavior reflect on the patient morale and outlook, so patients who smoked, abused alcohol, and had a negative attitude had nearly twice the chance of post-operative complications.

Patient expectation should be considered prior to surgery.

Although pessimist and optimist alike may benefit from surgery, those who were optimistic reported a higher of well-being after the procedure.

Multiple factors can affect surgical outcome, many of which are expectational, emotional and mental, hence the importance of an in-depth evaluation of the psychological status and stabilization of the personality before putting the knife on the patient's body.

Certainly those patients that really want to get better and expect to do well, will do so eventually. However psychological evaluation does not dilute the importance of quality medical skills that lies in the heart of every procedure.

Finally, surgeons can play a major role in reassuring their patients, encouraging them to refrain from unnecessary worry and minimizing their anxiety after adequate explanation and clear advice.

By doing so a better outcome of surgery can be achieved and the smile will be on the face of the patient and the surgeon alike.