



Reflections

A Lady Doctor Struggle Through Medical Profession in Pakistan

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Life is a continuous struggle. Ever since my childhood I had a dream of becoming a doctor. Why was that, I never really understood. I saw two of my elder sister's journey through extensive studies and out of home struggle in hostels to complete the study period of MBBS. Yet still I have never given up the idea of becoming a doctor. A decision that was supported and cherished by my father as well. Seeing overall and stethoscope on a doctor always amazed me.

But I never knew that life has quite different planning for us then what we have in our mind. After doing F.Sc there was still another step of entry test to get admission in a medical college. After getting admission I was unable to get enough score to go to Lahore which was nearer to my home city. Therefore, based on my score I got admission in Rawalpindi Medical College and stayed at hostel for five years. This journey made me realize the privilege of students who are day scholars and stay at home to study under shelter of their parents. I always missed the warmth of staying in our own house with my parents and going through the tough study routine. In final year when I thought that finally the journey is coming to an end I got the news of sudden demise of my father. My father was struggling though Diabetes and had a sudden MI while taking a walk on the road.

The perspective of life changed after that, making me realize that there is nothing in the world that is forever. The dream of pursuing a career was overshadowed with other aspects of life. Yet with persistence and not giving up the sacrifice made by staying out of home and studying extensively for 5 years still dominated every decision. The unwavering support of my mother and brother had been an indispensable beacon, gently easing every step of my journey.

Again Life took a turn and I returned with my family back to Islamabad. Training for my fellowship was something that I cherished as I was finally getting to do what I studied for throughout my life. Becoming a practical doctor, studying and practicing medicine. After doing my FCPS I got job back in my own college,



Rawalpindi Medical College, now a university. I realized that Allah has very different planning for us. I never thought that I will get back to my college and will work there as a faculty.

Ever since my father's death Diabetes was always a horror for me. When I started doing OPD I saw many patients with no proper guidance on management of Diabetes and its complication especially Diabetic foot. Therefore, I started directing my practice specifically to this disease and its patients. This five-year journey made me feel that my decision has changed the life of many patients and have given me immense pleasure in the form of happiness and prayers from my patients. Perhaps this was the reward that is keeping me going in my institute. Being in the same working position for past 11 years, with no proper service structure for specialized cadre doctors and lack of opportunity makes me feel quite depressed but the joy of treating and helping needy patients at a government based facility is what

keeps me going.

Making progress in career requires a lot more than hard work and honesty. It requires connectivity, influential company and favoritism as well, an aspect that our country is still struggling and living with. You are lucky if you have these in our country. I often get questioned why I did not opt for going abroad. Being in my country and with my family makes me feel happier than the sad environment of being a rich lonely doctor out of country, but this is my perspective and people who need to make

progress academically and financially might decide otherwise and they are free to do so.

Opportunities change our decisions and perspective of life. It may do so for me as well. From my life so far I have learned that Allah's planning is quite different from what we think and we often get surprised with His decisions but the logic behind these decisions open quite late in life.