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## The Power of Conflict

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The path to becoming a physician is lined with conflicts and adversity. The power of this conflict is what allows for progression through the field. It is these adverse times that help strengthen the willpower and mental fortitude required to take on the next obstacle.

When looking at the prospective medical student, the current medical student, and the future attending physician, it becomes apparent the trials and tribulations one must undergo to truly succeed in this field. The process of applying to medical school is a series of hurdles that one must overcome. Ensuring you have an adequate GPA, extracurricular, research experience, and a stellar MCAT score are all contributing factors to the success of an applicant.

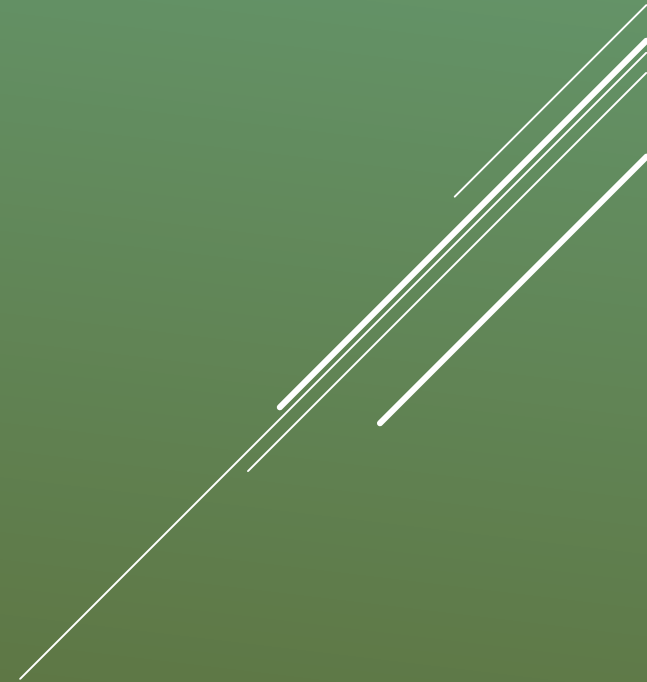
When looking back on the process, it always felt like an unbearable struggle that was extremely difficult to overcome. However, these conflicts pave the way for success in the future as they allow you to have a framework by which you can overcome adversity. Without this mental fortitude, the struggle of experiences in the future may be even more damaging.

# *THE POWER OF CONFLICT*

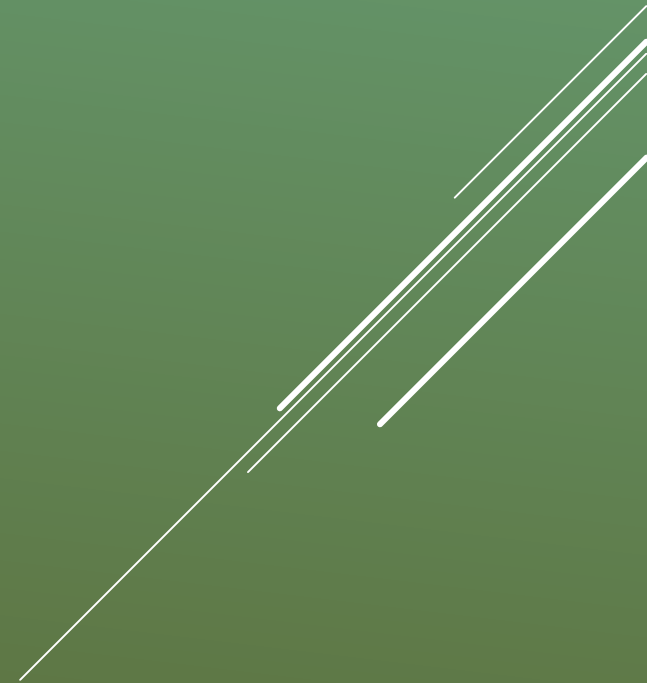
## BY RAJUR THIND

Upon gaining admission, it is easy to feel as though the conflict will end there. However, the workload and stress within medical school can, in many instances, outweigh the adversity experienced in the past. Whether it is failing an exam, a practical, or even an entire course, the mental fortitude that was established in the past may not be enough to overcome this current obstacle.

However, it is crucial to understand that, like in the past, this will help create a new foundation for which you are able to continuously progress towards the ultimate end goal. Finally, upon reaching the end goal of becoming an attending physician, many assume the conflict has ended. However, when talking with physicians, there is a barrier of previously unknown conflicts for which school does not prepare you. Whether that is dealing with hospital admission, other health care workers, or insurance companies, there are many obstacles one must overcome.



There are times when you must advocate for something that you know is in the best interest of the patient but cannot be done due to external stressors. In the past, the issues have been primary academic and mental, but now one must deal with ethical conflicts, which can be more difficult to deal with. The power to overcome these ethical dilemmas while ensuring that patient care is not sacrificed can take a lifetime to master; however, these conflicts are what create a truly exceptional attending physician—it is through the adversity that we experience from aspiring to get into medical school, enduring the hardships throughout and the continuing struggle into the workforce where we truly gain an appreciation for the power that these conflicts have had on us. However, it is always important to understand that what was once an unbearable conflict has now become a distant memory.



Rajvir Thind is a third-year medical student at KPCOM.

## ABOUT THE AUTHOR

