

FM REVIEW 2014 22 COMMENTS

COMMENTS TO EDITOR: This is an interesting essay which attempts to link the relative reduction in stress the author experiences as a patient from the pressures of her physician role to the importance of creating a safe space for her own patients. As both reviewers point out, however, the essay's insight and reflection are rather superficial. Also, the writing is somewhat clumsy. I recommend the author (who is a resident, and we don't get many submissions from residents) be given a chance to improve on this beginning.

COMMENTS TO AUTHOR: This is an interesting essay about how you actually find being a patient less stressful than being a doctor; and how this awareness gives you insights into what you need to do to create a safe space for your patients. However, to be considered for publication, the essay needs to be improved in several ways. Overall, you must address in more detail why it is you are able to experience such letting go, since this is NOT the experience of most patients (or patient-physicians); and how you can help your own patients develop similar feelings.

1) Is your "relaxed state" as a patient diagnosis-specific? In other words, if you are consulting a doctor for the flu, you might be more relaxed than if it were for a more serious condition. I don't want you to disclose medical information in a public forum that you are not comfortable sharing, but please consider how to address this issue of severity/chronicity in the essay.

2) Is your "relaxed state" related in any way to your physician's skills? You learned something from your own state of relative comfort that you could apply to your patients, but did you learn anything from the doctor's demeanor or behavior?

3) As reviewer 1 requests, I would like to hear more about how you are able to "let go" so well in the doctor's office. Do you have some specific insights about how you could help your own patients have a similarly positive experience?

Please also have an experienced writer review the essay to advise about word choice and sentence structure. Finally please come up with a better title. The current title is confusing (is it your experience AS a patient or WITH a patient?). The title is what "hooks" the reader. Have a title that makes readers want to read more.