

ACHIEVING EXCELLENCE IN SURGERY

Mentorship	Have a role model and a trustworthy advisor
Technical skills are essential, yet not sufficient	Balance good technical skills with knowledge and common sense
Seek to benefit your patients and not your recognition	Walk away from narcissistic concepts and adulation
First, "do no harm"	Don't be reckless with other people's lives
Operate slowly and think quickly	Remain calm, think through your maneuvers, and execute them accurately
Make surgery look simple	Don't be ostentatious
Be patient	Don't let anxiety determine the outcome of the surgery
Motivate your team	Lead and support your surgical team
Enjoy your work	Find pleasure and passion in surgery
Manage fear and know your limits	Feel fear and thrive on it; audit your results and study your limits
Learn from your mistakes and share your knowledge	Learn from mistakes and share your knowledge with others; ask for help when needed
Relate to your patients, bring them comfort and relief	See the patient as a whole and accompany them through the process of illness
Be grateful and humble	Honor your mentors by "paying it forward"
Balance your life	Work while focused on your patients and live life focused on your family and friends
Be a good person	Above everything else, be humane