

**KHURAM R. GHUMMAN, MD**  
**PRESIDENTIAL SPEECH**  
**OCTOBER 24, 2019**

Thank you, Dr Cohen

On behalf of Hartford county medical association, I would like to thank you for your leadership, your wisdom, and your extraordinary contributions to our organization. Your work has brought us many steps forward in our journey to excellence!

I am honored and privileged to be the 227<sup>th</sup> president of the Hartford county medical association. I am grateful for the trust you all have bestowed upon me, thank you

I want to thank members of the executive board, members of the board, past presidents, our legislators, Barbara, Cherie, our lobbyist, Jim, Ross, and Bill. Members and friends from other county medical associations, leadership from Connecticut state medical society. I also want to thank our sponsors and, our exhibitors. My special thanks to family, friends, colleagues, and members of Hartford County Medical Association. I also want to thank my partners Ed Ewald, David Howlett, Daniel Lerner, my friends, colleagues, my staff at East Granby family practice, and at Netter school of medicine.

Finally, I would like to thank my parents who could not be here today, my brother – who is here today, and the most important person in my life, my wife, Sundus, my daughters Zainab and Maryam – I could not have done anything without your love and support, thank you!

I am very fortunate to have this opportunity to serve as your president. I am also very aware of the challenges it brings. Healthcare delivery systems are rapidly evolving for an unknown future. Physician practices must evolve accordingly. We, physicians strive to do the right thing. However, it is becoming very challenging to consistently perform our professional obligations due to numerous external pressures. Most people would call it burnout; however, I like to use a different term to describe the situation – I call it "systems induced distress".

We are struggling to keep up with the day-to-day tasks and our professional responsibilities. Unfortunately, the challenges we face in clinical practice are not going away. The question is, what we can do to make our clinical experiences a meaningful experience?

Physicians are generally very resilient; our training and passion keeps us moving forward. But we must do something, or, our reserves will run out!

I recognize every one of us can talk for hours on this topic. One might ask; what can we do about it?

Here is the good news, I am going to offer a potential solution!

I am going to borrow Abraham Maslow's model to explain this solution. Abraham Maslow is one of the best psychologists of modern era. He was a professor who focused his lifelong research on the "sources of happiness" rather than the roots of "unhappiness".

He is well-known for his "hierarchy of needs." Basic physiologic needs; food, water, sleep, sex is at the bottom of this pyramid. Safety and security are next on the list. Psychological needs of love and belongingness takes the middle block in this pyramid. Self-fulfillment needs; Esteem, prestige, and

feelings of accomplishment, and self-actualization are at the top of this pyramid. Human morality, creativity and problem solving is unleashed at the top of this pyramid to achieve one's full potential!

When we look at Maslow's pyramid of hierarchy, physicians are generally very good at the top of the pyramid. However, sometimes we ignore to bolster lower parts of this pyramid which includes basic needs as sleep, safety, love and belonging.

We could all attest to the fact that we cannot get to our full potential, or the top of the pyramid until we meet the basic physiological and psychological needs.

We need help and support from each other – in our professional, and personal lives. I invite us all to build safe spaces and secure relationships. We must build 'professional communities' if we want to thrive in this new healthcare world.

My goal for next year is to bring Hartford county physicians closer to one another. We have to acknowledge the need for a strong base of this pyramid so we could all achieve our full potential. Physicians will be creative and innovative at top of the pyramid when we have sense of belonging, safety and security within our healthcare systems.

My goal for next year is to focus on one piece of Maslow's pyramid; belonging and love for each other. I would like Hartford County physicians to emphasize on things that make us "happy" and not focus as much on things that make us "un-happy".

For us to meet this end goal, we need means to get there. Hartford County Medical Association will provide this platform. Wider social connections are an important part of being happy. We will provide a safe space for physicians to come together, share and exchange ideas, discuss our agreements, and disagreements. I can assure you, our communities including our patients will benefit at the end!

I stand here today asking everyone's help. I believe, we can do better. We must re-establish a sense of community, and a sense of belonging!

We should look for people around us who are working together for a common cause. We must surround ourselves with people we can trust. And trust is clarity, discipline, and consistency – We will demonstrate the same clarity, discipline, and consistency in our organization!

I promise; Hartford county medical association will bring opportunities to engage – and I need your help and support to make them successful.

We have established, and we have expressed our goal, now it's time to collaborate. Let's achieve this goal together!

Thank you and may God bless you all.