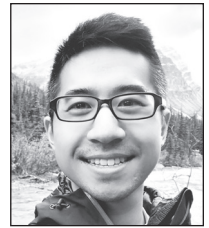


Hand of generalism

Ben Yong MD CCFP



When I am not practising medicine, I enjoy drawing. It takes me a while to complete a piece, but I do not mind. I normally put music on in the background, sit back, and relax. It is a nice break from my work as a rural general practitioner. We all need breaks.

The multiple colours in the hand represent the theme of generalism because as general practitioners, we are expected to have a broad range of knowledge. The different fingers symbolize the fact that we are often juggling many different things at once, whether it is our different roles within medicine or within our personal lives. The position of the hand is open and receptive, qualities that a generalist must have. We adapt depending on the latest science, the clinical scenario, or the individual we are treating. Openness and adaptation are especially important in these turbulent times. 🍁

Dr Yong is a family physician who lives and works in both Edmonton, Alta, and Yellowknife, NWT.

Competing interests
None declared

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