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THE ART  
AND SCIENCE  
OF  
CLINICAL MEDICINE

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## The art and science of clinical medicine

The factors that make Clinical Medicine more effective



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### Introduction

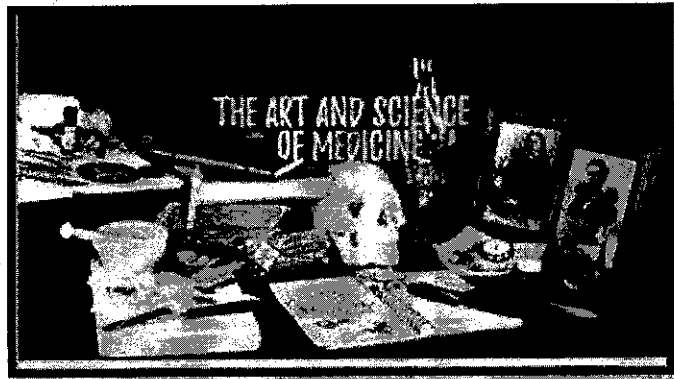
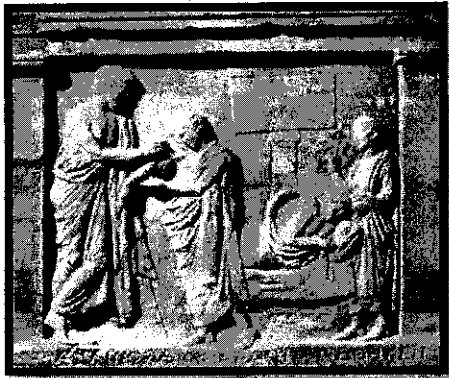
The medicine aids in a person's recovery from a condition. Man has been battling numerous human ailments since the beginning of life. The advancement of medicine has allowed for improved management of human disorders because of the growth of numerous scientific fields. Due to diverse cultures and civilizations, ancient medicine varied around the world. Later, the blending of cultures from across numerous racial, cultural, and geographic boundaries strengthened this. Due to these enormous changes, the definition of medicine itself has experienced numerous mutations.

### Medicine: Science or Art?

It has been asserted that medicine is both a science and an art. Many professionals believe that this phrase has a "either/or" clause. It hardly needs to be stated how closely scientific and artistic endeavors resemble one another. A scientist's persuasive demonstration may be as aesthetically pleasing as a piece of art. An insightful statement made by an artist frequently foreshadows a much more precise one made by a scientist. One can speculate about the enigmatic connection between science and the arts and how each sheds light on human existence in a distinctive manner [1]. Science is obligatory in order to study diseases. When nature is unable to heal herself, consummate art is needed to bring about a remedy.

Medicine can be considered a science due to its reliance on knowledge derived from in-depth research and testing. It is an art because how well doctors and other medical personnel utilize this knowledge while interacting with patients depends on their expertise. Scientific truths are not always accurate, contrary to what is believed to be true in the field of medicine. What is true today might be foolish tomorrow. In medicine, truth has a short half-life. Art is not just a part of the "medical humanities," but is also fundamental to clinical medicine as applied science. The study of medicine should be a scientific endeavor, and its application an artistic endeavor [2]. According to Warsop, science is undoubtedly important to medicine but it cannot

be solely equated with it or even with applied science [3]. The clinical listening and advocacy skills used in consultations are ultimate, what makes up the art of medicine.



### Art of healing

The strong foundation of clinical practice continues to be the art of healing. It has evolved over time in accordance with human values and instincts and is eternal. Its major objective is to ease patients' anxiety and comfort them in every circumstance. If doctors had the human qualities of heart and mind required to support the patients' innate ability to heal, they may have been as useful in society as everyone from quacks to the most skilled practitioners of clinical medicine. Quacks who lack any scientific expertise treat the sick even in the countryside. They are accessible and compassionate toward the sick therefore people still accept them. The art of comfort and care remains the cornerstone of medicine, driven by millennia of common sense as well as a more recent methodical approach to medical ethics. Without these humanistic traits, the application of the current science of "medicine" is ineffective, harmful, or even harmful.

Empathetic listening skills, a relaxed demeanor, and a demonstration of an active interest in the patient's uniqueness are all characteristics of an "excellent bedside manner" [4]. Most of the time, medical professionals merely treat patients. The majority of the time, doctors only assist, safeguard, or promote a patient's innately healing processes. Although sometimes doctors alter or obstruct natural processes, most of the time, they just swap one sickness for another. Cardiologists frequently "rescue people from a relatively sudden death from myocardial infarction only to inflict upon them a more prolonged death from progressive heart failure" [5]. The rigid application of medical knowledge eventually runs out of options when it comes to preventing death or pain. However, the healer always has something to offer in the form of attention, understanding, compassion, and possibly even knowledge.

Some patients may truly value and need good bedside manners, while others may only need access to technical expertise. Doctors can assume a variety of roles depending on the desires and needs of their patients who are influenced by a range of elements like their social support, education, personality, degree of comfort, and familiarity with the medical system. Some patients prefer that doctors carry out their obligations in a straightforward manner and leave displays of compassion and empathy to close friends and family; others do not want their doctor to be thoughtful and empathic. Differentiating between these patients and others who are "putting up a good front" but are actually extremely afraid or suspicious might be difficult.

The latter type of patient requires a good bedside demeanor, and the art of medicine surely includes the ability to identify them. When a patient's condition deteriorates and they begin to wish for their doctor's compassion, they may lose the attributes that make them well supported, self-assured, and judicious.

### **Scientific proficiency**

People usually do not visit the doctor for social reasons. Patients typically place their trust in their doctor's scientific proficiency. During the first patient-doctor interaction, the doctor's scientific knowledge is recognized. No matter how politely a doctor behaves, their patient's trust in them will be damaged, and this will make it more difficult to establish a therapeutic connection. Those claiming to practice the healing arts but lacking the necessary technical expertise are charlatans, not healers. This is not meant to imply that a lack of knowledge or expertise makes effective healing impossible. In order to assist in the recovery of a kid who requires extensive surgery for a congenital heart defect, a general practitioner must be able to refer the patient to a reputable surgeon and provide ongoing primary care within his/her area of specialty. Of course, such a patient has to be treated with compassion and age-appropriate preventive care.

### **"Heads" of the medicine**

Every cricket game begins with the umpire tossing a coin to decide who will do the batting first. Every coin has two sides, but the two sides of proper medical care are not heads and tails. Both art of healing and scientific proficiency has a well-established history in medicine and are considered "heads" of the field. A lack of information and scant evidence supporting the effectiveness of treatments plagued the technical side in the past. The doctor frequently had nothing more to offer than a good bedside manner. There is still much to be done in terms of technical expertise. However, in our current ambition to advance science, we must not abandon the art of healing. The effective doctor polishes both sides of the medical care coin, despite the fact that they attract attention from different angles, apply to different patients to varying degrees, and are tested and measured in various ways.

### **Doctor-patient relationship**

Medicine's core is the relationship between the doctor and the patient. The art of medicine compacts with the entire array of doctor-patient relationships. In addition to communication skills, the doctor-patient connection also demands the doctors to be kind and empathic [6]. We believe that all patients should have a personal relationship of trust with their doctors and desire to have their identities upheld when they are ill. Doctors have recently come under criticism, abuse, and mistreatment from the patient side. Here, the issue is not with the doctors' lack of understanding; rather, it is with their callous behavior and complete disregard for the emotional stress experienced by the sick person and their family members. The doctor should not let ethical considerations and the desire for empathy be subordinated to scientific medical practice.

### Conclusions

A doctor must keep in mind the principles of beneficence, nonmaleficence, justice, and respect for autonomy concerning their patients. Doctors are anticipated to be at the forefront of fusing the science and art of medicine with the practice of genuinely shared decision-making to advance medical practice. The practice of medicine blends art and science. A doctor needs artistic talent as well as a foundational understanding of science in order to practice clinical medicine successfully.

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