

Show some consideration, please!

ANY person who is admitted in a hospital is sick enough to require complete rest and peace of mind. It has been scientifically proven that rest and peace of mind are great healers even of physical ailments. And perhaps that is the reason why most hospitals have restricted timings for visiting a patient as for them the patient's well-being is top priority.

But what we see in our day-to-day lives is that as soon as one learns that someone he knows is admitted in a hospital, he makes it a point to visit him twice a day for as long as the patient is there. At any particular time, the patient's room is full of relatives, friends and well-wishers who pay no heed to hospital instructions for visitors' restriction. Some even disregard visit timings and come at their convenience without thinking for a single moment that the patient may be disturbed. As happened when my friend's mother was in hospital because of some heart problem. An aunt of her's came to see the patient around 3:00 in the afternoon and sat there for almost an hour without any consideration of what inconvenience she was causing to the

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patient.

If you tell them right from wrong they are sure to answer that they were worried about the patient and just came to inquire about her health. Or that they have come to cheer

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you that they are sick and tired of all visitors. If they can have their way they will not allow any visitor except during visiting hours and those too very few in number; some doctors even feel like prohibiting all visitors except for close relatives (parents, spouse, children, siblings) who they believe cannot be kept away from the patient as he too may be

wanting to see them.

her up as she must be in low spirits; that how could they sit at home when their dear one is in hospital! The sum of it all is that they mean well, and mean no harm in any way whatsoever.

But have they ever thought what the doctors or the patient himself thinks? If you ask the doctors or hospital staff they are sure to tell

Most patients or their attendants are also not too happy with the influx of well-wishers. But they cannot turn anyone away — they surely do not want to be called rude, arrogant or any such thing. The situation is more disturbing if the patient is in serious condition and needs complete and undisturbed rest. In such a situation an untimely visitor may cause more harm than

good. On top of it, the visitor will not just talk to the attendant but will insist on talking to the patient himself wanting him to fill in all the details about the illness, and from time to time telling of other such cases he may know of. When my aunt was in hospital after she suffered a stroke, some of her relatives made it a point to visit her twice daily even though she was in the ICU and was usually asleep under the influence of heavy medication.

Some of them even used to

of well-wishers, when her mother was in hospital after she suffered a heart attack, that he asked the doctors to put up a 'NO VISITORS ALLOWED' sign outside her room to discourage visitors.

I agree that all those who take the trouble to visit a patient are worried about his health but wouldn't it be better if they just call up and inquire about his health on phone. It would also save a lot of their time and the patient would also be able to rest in peace.

But there is another side to

about their well-being.

One acquaintance is of the opinion that visiting a patient is good for him as it boosts his moral and raises his spirits and helps in recovery. He thinks that because of the special emotional bonds, we in the East have, it is good for the patient to be surrounded with relatives and friends and to know that others care for you. But perhaps there are other ways of letting the patient know that one cares for him - sending flowers and wishing cards is one such way as it reassures the patient that you care without disturbing him. Besides that, flowers will freshen up the dull, boring environment of the hospital room as well.

Of course, a person who is sick cannot be left in the hospital and forgotten about, specially in our culture. We cannot just

leave someone to himself in case of ill health; he needs to be with family and friends. It has been noticed that people who have to stay in hospital for a considerably long time become depressed and bored not because of their illness but because of being away from home for a long time. But that does not mean crowding up in the hospital and disturbing his peace. As in all things in life one has to choose a middle path and create a balance.



NO VISITORS ALLOWED

sneak to the ICU after visit time (and thought they did something worth mentioning) and try to talk to her, or sit there with the attendant under the pretext of giving her company. What good were they doing is beyond comprehension?

A friend's father got so fed up with the constant influx

the coin. There are a large number of people who are rather happy with the situation. They bathe happily in the thought that so many people are worried about them and take the trouble to visit them. If some of their relative or friends fail to join the band, they begin to harbour sour feelings for them, thinking that the said people bear no sympathy for them and are not bothered