

# Canadian Medical Education Journal

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*Commentary and Opinions*

## Burnout

Manish Ranpara<sup>1</sup>

<sup>1</sup>University of Toronto, Ontario, Canada

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I run up and down the corridor  
Ticking tasks off my list  
Floor to floor  
Is there is anything I have missed?  
Potassium - check, fluids – check  
It's my anniversary, did I message my wife?  
I'm a wreck  
Sleep is scant  
And the hours long  
This isn't a rant  
Perhaps I'm not as strong?  
My stomach has an ache  
I skipped dinner  
I really need a break  
Will things get easier for this beginner?  
Surely, I am not alone

Other doctors feel like this  
And it should be known  
If there is light in this abyss  
I do it for life  
Shocking rhythms that are flat  
Using medications and the surgical knife  
Who else can say that?  
Optimism overwhelms me  
I can push through this night  
Better skilled shall I be  
The end is in sight  
The pager rings loud  
But before I go fleeing  
I'll arrange to meet my crowd  
To look after my well being.