

# editorial

## Prerequisites for professional success in clinical health sciences

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**T**he meaning of professional success comes in many forms, if you ask many people, health professionals or others. To be important in your field it is not identical with being successful, because "success" may vary. Success may mean to earn a high income, may mean to have an academic title, to be popular among your colleagues, to have an admirable career, to be offering great work to many people who are in need of health services, or even to teach young colleagues and students and guide them to the sense of magic you may experience sometimes in clinical practice.

Many students make the choice to get involved in the clinical health sciences sector because they wish to offer help to the society. Or even to offer health services to countries far from their country of birth. This is success, according to their opinion, because their target is to offer to people. Not to offer to themselves. Others want to offer help to their local societies, and for this reason they may travel to countries with well-known universities in order to receive expertise. Others, just believe that titles and money are success (and those are a great number of people, the "money-makers") and study with the dream to become rich.

Whatever you may believe when you start your career, things may change. People who want to offer may love money and academic titles, and people who might think success is superficial things may enter gradually to the belief that health is so important that their own success and pleasure would be just to offer health to people.

### The financial power

The prerequisites for success in clinical health professions are not the same for every country. For most countries, a good family income is one of the most important prerequisites for a successful career. Because if you have the financial power, you can choose your profession, receive better education, and don't have barriers in your career, as continuing education has a great to do with financial means.

### The nepotistic power

To have a nepotistic base in your career seems to be important for many countries. Because you receive better education, you find a good job in the city you wish to work, and you have prospects to receive a better salary, fast career improvement, and better life. The same happens if you have involvement in any kind of elites that might be connected with your profession.

### The motivation

However, money and medical kin are not enough. Because in order to become a successful health professional you need to be a person who is willing to offer help, to have a personality which will support you to work successfully in such a difficult profession. For example, there are health professionals who devote a great part of their lives to their professions. They give their lives in order to offer services to the society. They don't have the same free time, they don't have the same life style with other people because they give much time to their work. For example, surgeons may lose their sleep for many nights because they should be able to help their patients immediately. The way to find strength in order to go on this kind of life for long, is that you should be motivated. The motive in order to live a struggling life, may be your inner voice that you wish to help other people or it may be your passion for earnings. So, motivation, is an important pre-requisite for professional success if you are a health professional.

### The supportive family

The family of the health professional has to keep a certain role. Which means that they will have to alter their life because they will not be able to live a normal life. This may succeed, and it may not, or the health professional may not manage to create a family due to his/her professional needs and career targets. Or the family may not be able to adjust and a divorce may arise as a consequence. So, we can say that the adjustment of the family is an important pre-requisite for the success, too.

### The Country Factor

The country where a career is built is important, too. Because many times you may do everything needed, but the success may never come, because your country uses other kinds of criteria to promote health professionals. If your good work is not evaluated by your country's health management systems, then you may feel frustrated and lose your courage to continue to offer your life for your professional success. So, you may need at some time to change country of living or to change your profession! Many people who cannot change a country of living due to family barriers may lose their motivation. This is a massive phenomenon in Greece, where the lack of motivation of health professionals is thought to be a kind a flaw in the National System of Health, as described by the media.