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***Adjusting to Western Professional  
Environment***

*By*

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# INTRODUCTION

“Making your mark on the world is hard. If it were easy, everybody would do it. But it's not. It takes patience, it takes commitment, and it comes with plenty of failure along the way. The real test is not whether you avoid this failure, because you won't. it's whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere”

Barack Obama, President, USA

# INTRODUCTION



“Do you see a man skilled and diligent in his work?  
He will serve before kings; he will not serve before  
obscure men”

Proverbs 22: 29

# AIMS

- Enthuse
- Encourage
- Motivate
- Challenge
- Advise



**YES, WE CAN!!!**

# DEFINITIONS

- Adjust – To adjust is to become more familiar with a new situation, changing, adapting or conforming so as to match, correspond or fit into a new situation
- Professional – highly educated, mostly salaried workers, who enjoy considerable work autonomy, a comfortable salary, and are commonly engaged in creative and intellectually challenging work



# DEFINITIONS

- W – wealthier
- E – economically
- S – superior
- T – territory
- Characterized by some qualities –
  - a. High standard of living for most of the citizens
  - b. Democratic government
  - c. Rule of law
  - d. Emphasis on rights and privileges
  - e. High level of education
  - f. Technological advancement

# WHY ADJUSTING?

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- Difference in cultures and work ethics
- Challenges

# THE DIFFERENCES

- In the West –
  1. Standardization of practice
  2. Good and strong regulation
  3. Great trust placed in professionals
  4. High expectation by the people from professionals
  5. Tall Poppy syndrome



# THE DIFFERENCES

- In Nigeria for example –
  1. No or low standard – Anything goes
  2. No or poor regulation
  3. Lack of trust
  4. Little or no expectation
  5. Might is right
  6. Paternalism

# THE CHALLENGES

- Leaving certainty for uncertainty
- Homesickness
- Understanding the culture
- Acclimatising to the weather
- Being accepted
- Accepting reality of your new status
- Economic power
- Getting into the system

# HOW TO ADJUST

- Needs these 5Ds – Diligence, Determination, Discipline, Dedication, Doing
- Be Positive in spite of every odds
- Be law abiding, hard-working and avoid cutting corners
- Be confident and focussed
- Be humble, honest, upright and forthright

# HOW TO ADJUST

- Look for and find a role model
- Seek and get correct advice relating to your profession
- Do not be afraid to ask questions and ask for help
- Avoid “too know” syndrome – seek and listen to advice
- Network with others
- Do not forget God or put Him aside while you are “sorting yourself out”.

# MY STORY

- Graduated from College of Medicine, University of Ibadan, Nigeria in 1988 (MBBS)
- Postgraduate Training in General Practice with the National Postgraduate Medical College of Nigeria (FMCGP)
- Worked for 7 years at the Baptist Medical Centre, Ogbomoso, Nigeria while undergoing the training.
- Came to the UK in 1996 as a GP trainee on a scholarship administered by the British Council

# MY STORY

- Had to undergo postgraduate training in General Practice again between Feb.1997 and Feb. 2000 (Vocational Training in GP leading to award of JCPTGP certificate – T (GP))
- Had to do various courses and sit exams – Diploma in Geriatric Medicine (DGM), Diploma in Family Planning (DFFP), Membership of the Royal College of General Practitioners (MRCGP)

# MY STORY

- Currently a Principal GP and a Partner at the Gladstone Medical Centre, Birkenhead
- A GP undergraduate tutor for Liverpool University Medical school
- A Foundation Year 2 (F2) doctors Education Supervisor
- GP Trainer

# CONCLUSION



Success is the result of 3 things:

Diligence

Character

Favour

# CONCLUSION



“The blessing of the LORD brings wealth,  
and he adds no trouble to it”

Proverbs 10: 22

“In his heart a man plans his course,  
but the LORD determines his steps”

Proverbs 16: 9