

Do Micro-breaks Prevent Breaking of Endocrine Surgeons?

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The surgeons are routinely subject to mental and physical stress through the course of their operating work, and endocrine surgeons, especially, with total thyroidectomy have to preserve four glands (parathyroids) and four nerves (two external branch of the superior laryngeal nerve (EBSLN) and two recurrent laryngeal nerve (RLN)) to ensure uneventful course and successful surgery without complications. We feel that during surgery for large goiters¹ with high vascularity, the surgeons need patience and also need to operate with meticulous skills. In this regard, micro-breaks with targeted stretching enhance surgeons' physical function and also mental focus.² The ergonomic strategies to mitigate pain both during open and

endoscopic surgeries focus on the head and back position of surgeons. The breaks disrupt the static postures and improve physical function and mental focus.³ They serve to protect surgeons and patients.

We had implemented these micro-breaks in our unit for large goiters (five large goiters) when the surgeons and assistants took a break after the first side was operated; the operating surgeon and team had a carbohydrate drink and few neck and back stretching exercises and then operated on the other side. The knife-happy surgeon should protect himself and his assistants from the wear and tear of the surgical work and also enjoy this noble profession of curing patients. We would request other endocrine surgeons on their views as well.

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