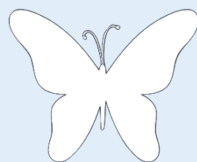


# Continuity until The End

1992 - hopefully not tomorrow

Chapter n-1

The Forgotten Text  
Vivian V. Altiery De Jesús



“Did you notice? (\*^\*)”

“Notice what?”

“That! (#¬¬)”

“...”

“(¬¬)/ Sometimes, you had emoji deficiency”. (ノ益益)ノ 彡

“Aaaaaand, you think is *immoral, unethical*? Am I half *Wall-e* now? (¬¬)”.

No, I do not think I have a problem <(。 \_。 )>...I just wanted to portray or *tried* to portray a transcendental conversation with my caterpillar self \ (ツ) / . Yes, emojis sometimes decreased, the seriousness of each encounter increased, responsibilities increased \ (‘ \_ ‘) / . In other words, experiences (hopefully) push towards change, but is a butterfly worse than a caterpillar? \\_(ツ)\_/ Is it better? Well *it depends* (¬¬). A more challenging question is a butterfly any different than the caterpillar or is it just an enhanced caterpillar with wings? (🌀.🌀) I am not going to abuse my now-favorite answer (¬¬).

Now that I am almost finished with my MBE and little dues are waiting for the fourth year \ (¬■\_■) / 🎵 I feel that I can have a glimpse through my chrysalid. The world looks different. In fact, I bet it looked different when I was a zygote! \ (¬o¬) / What I mean is that there is nothing new at all with the sensation. Every single day, every second, experiences are hitting like meteor showers. It is in fact what tells you that you are alive...interactions, situations, decisions (。●\_●。).

Although change is expected and until a few seconds, appraised, we also need consistency in one's self (˘\_˘°). It would be very bizarre to create and maintain long term relationships, if everyone drastically changes per encountered experiences ˘\\_(\\_⊙^⊙)\\_/˘. A few standard deviations from my 4-year-old self, a few less than my teenager self, and so on (@o@) . Just to pick up someone randomly, I don't think that 2-years old Adolph Hitler contemplated being remembered as the protagonist of one of the highest crimes towards mankind ℄(ò\_ó~♣) .

At the other extreme, imagine a person at his 50s, still driving and behaving like an uncontrollable teenager \ (°\_°) / . This only means that change in itself does not hold a moral value (♣.♣). Instead, it is the recipient to hold accountable for accepting, ignoring and/or internalizing such changes(u\_u). Although, as interesting as it may sound, this is a topic for another time \ (•\_•) / .

As of today, here is the answer I can bring to all those *Robocop* believers (#¬.¬) / . Yes, medical school causes changes (⊙\_⊙), because the physician formation is filled with different and impactful experiences ℄(ò\_ó°)℄. And quite frankly, there is no way that a caterpillar can survive ˘(\\_˘˘)˘, the field is not made for caterpillars (hence the need of training) ˘\\_˘XX•\_•XX˘\_/˘. However, this is not the equivalent of a worm transplant (■\_■), the caterpillar is the same, and it is expected that the little cute worm, grows the required wings (with a few enhancements as needed) (˘˘˘˘)˘. At the same time, as a

med student, the professional formation is arduous; burn out, moral distress, fatigue, non-mature defense mechanisms are assaulting you at every corner 🧠(🌀\_🌀)🧠. Consider those as gamma radiation ☄(ò.ó)☄...without the proper protection and guidance...a mutant butterfly could be created (🌀\_\_🌀) or maybe complete abortion of the caterpillar and butterfly altogether (☹\_\_☹) (we only need to check the high suicide incidence in the physician community).

Such a dark turn this reading took (x.x). Blame my MBE mentor, one of his specialty is in the ethics of climate change and the opioid epidemic (^o^). Now that emoji is odd, bioethicists understand the emoji dilemma (☹\_\_☹)...Anyway, on a lighter note, what about me? (👉👉👉)/\*:° ✨ ✨ ::\* \ (👉👉👉 \) Well, I consider myself closer to the butterfly than the caterpillar, although now I visualize lots of butterfly stages \('-'')/ (You know like *Barbie Fairytopia* stuff, she develops new sets of wings per movie or something along those lines) (👉.👉\_\_👉.👉)👉. My learning in life is a continuum...I have a core, which is the *Me-myself-I*, but until my last breath, I will be in constant exposure with circumstances, decisions, etc. 🧠\\_(\\_)\\_🧠 Which will (hopefully) prompt the required changes for life...some people called it aging, others maturity (👉\_\_👉🌸).

What I am sure of, is that I don't want to forget this process 🧠(!'!🧠) because if I have been aware of it.... I can potentially create a better butterfly. This way I can pick

up the best moments from the stages during my formation (づー<sup>3</sup>づ), understand reactions or gut feelings (ー■\_■)ノ♪, but most importantly discard unacceptable behavior (●̀●̀)។. For all of this, I need to be conscious of my process, I cannot forget how from caterpillar I turned into a butterfly (づ\_づ). I am not the only one to share this belief, Mount suggests that students keep a journal/portfolio documenting their emotional reactions, insights and questions relating to their evolving clinical experience, in the manner described by Charon<sup>32</sup>. I believe this is true (ー■\_■). Although it is not practical to keep written track of all the encounters, it is an excellent exercise for medical students (←\_←)☞. I hope that my experience compilation adds useful information to our healthcare community (●\_●☼). That throughout time, people can relate and hold a conversation with this text that breaks time and space (ノ●ヲ●)ノ\*:°◇.

If you asked me prior and during med-school- pre-MBE era, “What do you want to be when you grow up?” (●\_●) I would have given a very concrete detailed answer. Something like a medical doctor specialized in the third molecule array of the ½ of the upper ¾ left lung only nodule(ー■\_■). Today, the answer is still very concrete but radically different(˘ ˇ ˘). My answer to that question today is that I want to be a *droplet* when I grow up. I will give two clues for this (ー\_ー). The first is a place, the second a well-known motto.

- A pond.

- “Protecting Health, Saving Lives – Millions at a Time”- Johns Hopkins School of Public Health

No, I am not evil, (☹\_☹) a little bit mischievous perhaps (^o^). I am just making you part of my current present (☹\_☹). I am also, playing *Sherlock Holmes*, preparing letters of intent, making a list of residency programs, and wondering where I will be in the next 10 years \(\*0\*\). Okay let's be realistic, I am wondering more often where I will be in the next 2 years \\_(^o^)\. Anyway, I digress...soon I will be 100% butterfly (currently 75% butterfly, 25% caterpillar) (☹\_☹); just like every stage in life, it is a ¼ certainty, ¼ mystery, ¼ mystical and ¼ unknown (— —'). Time will tell! (☹\_☹) In the meantime, I am very excited for these last two terms of the MBE (o\_o). It looks very interesting ☺(☹\_☹)♪.

☹(ò\_ó~☹) Until we meet again (☺\_☺)(be it in person or through another text) take care and go forward in your life \(^o^)\, leave a good mark in your timeline! \(^o^)/

*¡Hasta luego!* (^o^)/

References

32. Mount B. Healing and palliative care: Charting our way forward. *Palliat Med.* 2003;17(8):657.