

How to deal with a negative review in the hospital workplace

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Dealing with negative criticism can be difficult, but it's an important skill worth developing in order to communicate effectively and improve at the same time. Here are some tips to help you deal with negative reviews:

Keep calm: Try to stay calm when you hear negative comments. Take a deep breath and try not to take it personally.

Listen effectively: Pay attention to what the person is saying and listen carefully to what they are saying to you. Don't interrupt or get defensive.

Ask questions: Ask for more information to clarify what the person means and try to understand their perspective. This can help you identify areas for improvement.

Respond thoughtfully: Respond thoughtfully to criticism and acknowledge the person's perspective. Thank him for his feedback and show that you take his opinion seriously.

Take time to think: Take some time to think about what he told you and how you can use it to improve your performance. Try to identify specific actions you can take to deal with the criticism.

Don't dwell on it: After you've reflected on the feedback and taken steps to improve, try not to dwell on it anymore. Move forward with a positive attitude and focus on your own progress.

Seek additional feedback: Seek feedback from other sources to gain a comprehensive view of your performance. This can help you spot patterns and areas for improvement.

Remember that negative criticism can be an opportunity for growth and improvement. By staying cool, actively listening, and responding thoughtfully, you can turn negative criticism into a positive learning experience.

When you make a mistake don't sweep it under the rug!

This means that we should not be afraid to admit our mistakes and learn from them.

Otherwise, they will punish us.

They will keep repeating themselves in our lives with different faces, in different circumstances and at unpredictable times.

When we hide them from ourselves or when we cast them on others, no progress is possible.

Instead, our doom will be a repetition of the same sadness, frustration, and anger.

Again and again!

Until we realize that as humans we have the right to make mistakes, but also the obligation to learn from them!