



## **Subhash Chandra, MD: Helping psychiatric patients feel empowered**

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**Staff News Writer**

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The AMA “Members Move Medicine” series profiles a wide variety of doctors, offering a glimpse into the passions of women and men navigating new courses in American medicine.

**On the move with:** Subhash Chandra, MD, a forensic psychiatrist at South Oaks Hospital of Northwell Health in Amityville, New York.

**AMA member since:** 2011.

**What inspired me to pursue a career in medicine:** My desire to address the mental unrest, aggression, impulsivity, irritability, anger, frustration and varied other emotions and thought problems that make not only the person’s but the entire family’s life a living hell because of the ignorance, stigma and lack of trust.

**How I move medicine:** By educating my fellow physicians and patients of the emerging health care crisis, and reminding them of their right to mental, physical and spiritual well-being. Apprising them of the fact that they are not alone, and that they need to connect and collaborate to conquer, as together we are stronger.

**Career highlights:**

- | Chair of the AMA International Medical Graduates Section.
- | American Academy of Psychiatry and Law Rappeport Fellowship.
- | American Academy of Forensic Sciences Richard Rosner Award, Honorable Mention.
- | American Psychiatric Association Fellow.

**Advice I’d give to those interested in pursuing a career in medicine:** It is a long journey with multiple hurdles—some of which we have created ourselves and only we can get rid of them—but the journey in itself is worth the time, effort and resources.

**How I give back to the community:** I educate my psychiatric patients about how empowered they are in the current era of mental hygiene law—they can fight and advocate for themselves, accept or refuse treatment, instead of feeling that medications are being forced on them.

I also motivate my fellow colleagues to conglomerate, be a part of organized medicine instead of feeling helpless at the hand of the insurance companies, and how they control everything including reimbursement in private practice, choice of medicine or length of stay in the hospital.

**Aspect of my work that means the most:** My patients sharing the most embarrassing, sad or horrific moments of their life with the trust and hope that I will be able to take care of them. The feeling of contentment when their hopes are realized, and when they are apologetic for being suspicious of my abilities and competency because of my looks, accent, etc.

**My hope for the future of medicine:** Getting back the practice of medicine in the hand of physicians where it belongs and not feeling like a puppet at the hands of insurance and drug companies. Being able to spend maximum time with my patients, and only 15%—20% of a workday on the computer, or on the phone with the insurance and drug companies and not vice-versa.

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