

AMA Journal of Ethics®

November 2023, Volume 25, Number 11: E841-842

ART OF MEDICINE

Rest Is the First Casualty of Constant Messaging

Kathleen Wong

Abstract

This drawing considers how sources of patient demand are also sources of light pollution in a room in which a clinician tries, in vain, to rest.

Figure. *Lit, Unread, Unrested*



Media

Hand drawn, colored on digital medium with iPad app Ibispaint X.

Caption

This comic considers intersections between patients' **internet-based access** to their health and health care information and clinicians' duties to respond to online prompts and messages from patients. For instance, instead of visiting in person, a patient might ask a question or raise a concern—even about potentially life-threatening conditions that might demand immediate attention—via health care organizations' online messaging applications. Sources of light in the comic suggest this demand and its corresponding burden on clinicians.

Kathleen Wong is a fourth-year medical student at the Arizona College of Osteopathic Medicine in Glendale.

Citation

AMA J Ethics. 2023;25(11):E841-842.

DOI

10.1001/amajethics.2023.841.

Conflict of Interest Disclosure

Author disclosed no conflicts of interest.

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