

# MSO Express

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## The Great Reset

Twenty-twenty has been a year of varied struggles and opportunities. Many of us have had to learn to cope with the far-reaching consequences of problems not thought to be ours, and in the process, have had to master new skills in order to survive, both personally and professionally, in these tumultuous times.

Nobody knows what 2021 will bring, with no panacea yet visible on an ever-changing horizon. As the year comes to an end, there isn't any need to remind ourselves of the year's recent events but rather, there is a pressing need for us as a society and profession to ponder over what can be achieved in the coming years.

Even the 'super-powers' have been shown to be just as vulnerable as other nations not thought of as such. The playing field is changing and so must we.

Our consequent decisions and actions will surely have significant repercussions for the coming generations. There have been some positives which we should probably embrace including fresher air, less traffic, zero-miles food with many taking up urban-farming etc.

We can't be sure what the 'new normal' is and everyone's interpretation and perception of this may differ, however, one thing is certain. Our new years' resolutions should not be goal-based anymore since the goal-post seems to keep moving.

What if we started thinking of our goals, not as some distant elusive achievements but rather as small, daily changes in our behaviours that are repeated until success is inevitable? So not goals but habits such as wearing a mask, keeping physically distant and helping those less fortunate, or more affected by the pandemic than us.

A fantastic example is illustrated in this month's newsletter of how this year's World Sight Day was hosted by the Sarawak Eye Services under the circumstances of a pandemic. Kudos and let us hope that we shall see more such campaigns, with cooperation between all sectors of healthcare, NGOs, public and private; with the sole aim of caring for our patients and community; in whatever small ways that we can.

So let us all look towards this New Year with the optimism of the WEF's "Great Reset" and gear our habits towards mutual progress, environmental preservation, health and equitable healthcare for all. All of us at the MSO heartily wish all our readers a very Happy New Year for 2021.

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