WHY I MADE THIS EDIT

The Firsts the NHS Took From Me

ABOUT THE VIDEO

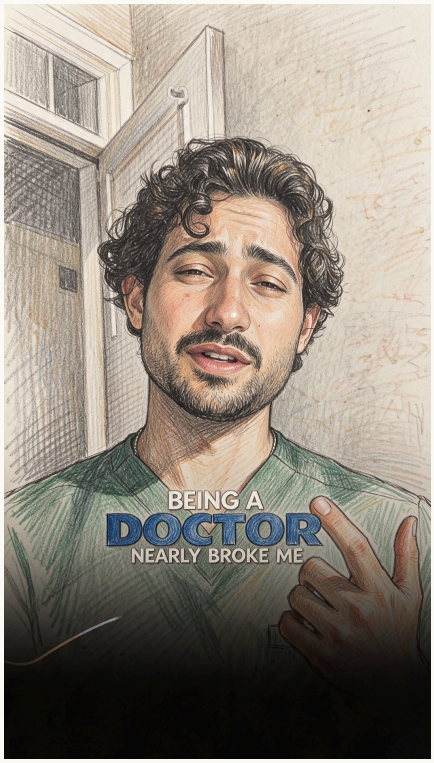
The doctor tells a personal story about the firsts he says the NHS took from him and the toll that period had on his life. I edit his first-person account with an opening contrast, recurring diamond graphics, highlighted words, and a visual reference to the US.

INSPIRATION

I open on the consequence so viewers understand the subject quickly, while making clear that this is one person’s experience rather than a claim about every doctor.

CREATIVE CHOICES

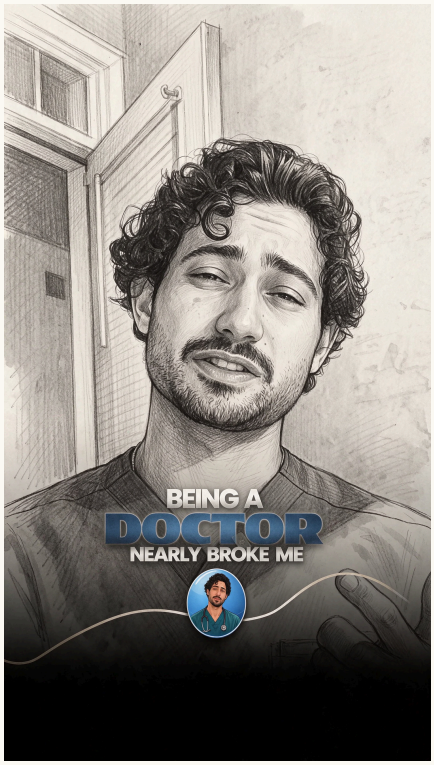
I move from muted footage into color, use diamonds to organize the separate “firsts,” and highlight key spoken words. For the US reference, I use its flag inside a location pin and red-and-white type.



00:01

A close-up of a man in dark-green scrubs fills the vertical frame. The image is dark and desaturated. Stacked text reads “BEING A DOCTOR NEARLY BROKE ME,” with “DOCTOR” in blue; a thin curved line appears at lower left.

I use “Being a doctor nearly broke me” to establish the core message. The desaturated moment communicates that this was an awful time and makes clear that this is a specific story, not a message for everybody.



00:01.4

A dark, desaturated close-up of the doctor sits behind the stacked title “BEING A DOCTOR NEARLY BROKE ME,” with “DOCTOR” in blue. A small circular inset portrait appears below the title, over a thin curved line.

I add a circular inset portrait while keeping the muted opening and title in place, tying the first visual beat to the person telling the story.



00:05.2

The doctor in dark-green scrubs has his eyes closed. One large white diamond labeled “1st” sits over his chest, with three smaller “1st” diamonds clustered beneath it.

I split one larger diamond into three smaller diamonds so “a bunch of firsts” reads as separate items rather than one event.



00:22

The man in dark-green scrubs is centered. Near the lower center is a white “1st” diamond with a gold accent; below it, “Autoimmune flare up” appears, with “Autoimmune” in gold and “flare up” in white.

I emphasize “autoimmune,” one of the firsts being described. I highlight important spoken words and use the gold accent to make this consequence feel visually emphatic.



00:23

The doctor in dark-green scrubs is centered with his eyes closed. A single white diamond labeled “1st” sits on his chest; no other caption is on screen.

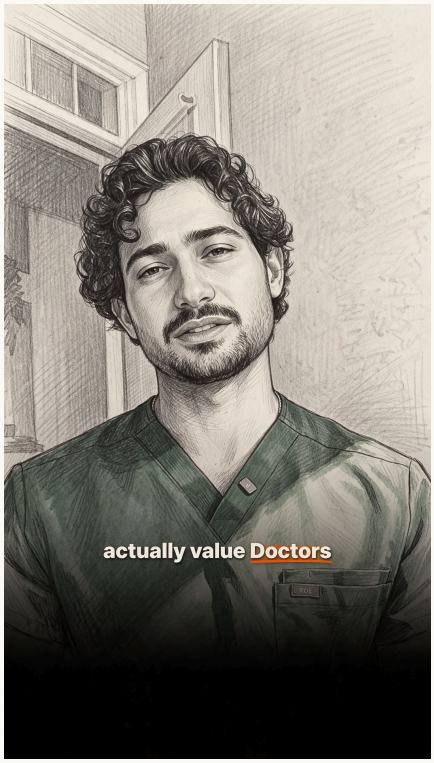
I repeat the diamond motif as the list of firsts continues, keeping the separate moments visually connected.



00:30

The man in dark-green scrubs is centered in the vertical frame. A small US flag appears inside a location pin over his chest. The text below reads “in the US,” with “US” in red and the other words in white.

I use the US flag inside a location pin and red-and-white treatment for “US,” drawing on the flag so viewers understand the reference quickly.



00:32

The doctor is centered in dark-green scrubs. The lower caption reads “actually value Doctors,” with “Doctors” highlighted in orange; a dark vignette surrounds the shot.

I highlight “Doctors” in orange and leave the rest of the caption white, drawing attention to the speaker’s chosen word without adding another graphic.



00:40.5

The doctor remains centered in muted-color footage, with a dark vignette around the edges. The only caption is “for them,” in white near the lower center.

I let the short closing caption sit over the doctor alone and keep the frame dark around it, so the phrase has room to land.