

ANNUAL MEETING

REFLECTIONS FROM A YOUNG SCHOLAR IN GIM

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Last year, after being chosen as one of the recipients of the Young Scholars in GIM Scholarship, I was eager to take full advantage of the numerous opportunities to improve my clinical knowledge and teaching skills and network with potential mentors. Among several others, I had circled a workshop called “Being Female in Medicine: Skills for Growth and Promotion” on my Society in General Medicine (SGIM) 2018 program. One slide from the presentation at this workshop really stood out to me. The presenters were discussing Angela Duckworth’s work “Grit: The Power of Passion and Perseverance” and how cultivating a sense of purpose is key to gaining the confidence to be successful in your career. This sense of purpose is developed by:

- “reflecting on how your work contributes to society,”
- “thinking about how you can change your current work to connect to your core values, even if in small ways,” and
- by finding a “purposeful role model.”

This slide resonated with me because I feel it truly reflects what SGIM means to me and what I have experienced at the Annual Meeting—a community of people with purpose and passion who take pride in how their work contributes to society and are excited to share this work with others.

I found inspiration in many places throughout the 2018 Annual Meeting. For example, the abstracts presented at the Thursday and Friday Plenary Sessions, in particular, the case report about the interdisciplinary team who was able to bring a patient struggling with heroin addiction to valve replacement surgery (“It Takes a Village...” by Dr. Fujita), were motivating in terms of their focus on and commitment to patient advocacy. The idea of providing hospital level care at home is innovative and eye-opening (“Hospital-Level Care at Home for Acutely Ill Adults...” by Dr. Levine), and I loved that a topic in Women’s Health, namely increasing patients’ awareness of their breast cancer risk/need for additional screening through educational videos (“...Personalized

Breast Density and Breast Cancer Risk Notification” by Dr. Haas) was at the forefront of the Meeting. Additionally, I had the opportunity to discuss multiple interesting cases presented at the various poster sessions and Clinical Vignette Oral Presentations, and gained an understanding of the basics of caring for patients who identify as transgender as well as how to teach these skills to my fellow general internists (“Teaching Transgender Care to General Internists”).

On Friday afternoon, SGIM Distinguished Professor of Women and Medicine Dr. Suzanne Fletcher gave a *phenomenal* keynote lecture. She closed by discussing a story published in the New York Times that highlighted one of her medical school classmates, cardiologist Dr. Bernard Lown, who was recently hospitalized and asked an intern why he had to be woken up to have his vital signs taken every four hours. When the intern (who authored the article) noted that he “understood his frustration” but that there was nothing he could do, the physician-patient replied “Understanding is not enough. You should be doing something to help fix this system.” I felt a similar sense of commitment to innovation, advocacy and change reflected in the words of the various SGIM speakers and session leaders.

I am looking forward to attending the SGIM 2019 Annual Meeting. Previously, I attended as a senior resident preparing to start my first junior faculty position. This year, I will be attending with almost a year of teaching and precepting interns and residents in the ambulatory setting under my belt. In 2018, I attended several workshops centered on teaching and education, including “Public Speaking for Academic Physicians,” “Outpatient Teaching 2.0” and “Working Smarter: Tools to Enhance Learning and Feedback.” I learned fresh, innovative teaching and presentation techniques and had the opportunity to practice these skills in a non-judgmental setting. I am especially excited by the prospect of attending similar workshops in 2019, albeit now from the point of view of a new clinician-educator with many questions and cases to potentially discuss with the strong

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network of experienced medical educators that I met last year at SGIM. Moving forward in my career, I hope

to continue to cultivate my skills as an educator with the knowledge that I am supported by and have

access to an incredibly rich network of resources on both a regional and national level.

SGIM