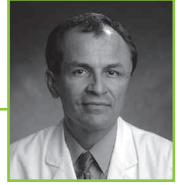


The Leadership Forum



Carlos Estrada

From the Editor's Desk.

Stop → Enjoy → Reflect

Carlos Estrada, MD, MS. Editor cestrada@uab.edu

At a recent ambulatory morning report, a resident presented an elderly gentleman with multiple co-morbidities (hypertension, diabetes, ischemic heart disease). He was well controlled, took all medications, and requested medication refills; he was on his way to the library. No mystery, an easy visit. Instead of simply refilling the medications and move on to the next patient, we stopped. I saw the resident's face of enjoyment when she went into details as to how her patient had made

significant lifestyle changes. Reflection, we both realized that his diabetes was VERY WELL controlled; although he had no symptoms, he most likely has episodes of asymptomatic hypoglycemia.

We recently completed another cycle of yearly reviews; this is a favorite time of the year. While meeting one-on-one, this is also the time to Stop - Enjoy - Reflect. Taking the time to complete the summary, update the CV, enjoy the many accomplishments, and reflect on future

plans has been a very rewarding experience.

In this issue of the Leadership Forum, personal stories provide a glimpse of the rich experiences and plans of our next generation of students and teachers.

Stop → Enjoy → Reflect.

Since the preparation of this issue, the County Commissioner voted to close the inpatient areas at the county hospital described in the article "My month at an Underserved County Hospital."