

GATOR DOC PERIODICAL

UF Internal Medicine Newsletter

Team of the Month: VA Green!

Congratulations to the team of the month for August 2018!

- Residents: Patrick Neilan, Raphael Bosse
- Interns: Vikramjeet Singh, Matt Kelling, Nick Nelson, Robert Scholl

Rewarded with a shiny championship belt proving their gladiator-style superiority over all other teams for the next month!



Get to know your August Intern and Resident of the Month!

Sagar Shrivastav, PGY-1

- Where are you from?** Bhopal, India
- Previous non-medical job?** United States Soccer Federation Referee
- Favorite Pokemon?** Articuno
- Favorite wards workroom song?** Stronger - Kanye West
- Who inspires you and why?** My family because of their unrelenting optimism and spirit.

Robert Case (King of the Nerds), PGY-2

- Where are you from?** This is complicated. I was birthed to a family of wanderers and they were somewhere in the Smoky Mountains when I was conceived. I come from a long line of cousins. I am from somewhere between TN/NC and Canada
- Favorite Pixar movie?** I'd have to say Shrek. I really relate to the premise of a large, green isolated man who bathes infrequently and is reluctantly called into a starring role.
- What animal best represents you and why?** I'd have to say the gorilla physically based on my size and excessive hairiness, but personality wise, I'd have to say the tiger shark because I'm not that aggressive but I'll eat anything within my path or grasp.



Life lessons from Abhishek Khatri, PGY-2



What are you most excited about for this year?

I am excited to be more involved in navigating the hospital stay for multiple patients, and focusing on the big picture. At times during intern year, it was hard to see the wood for the trees.

What are you nervous about for this year?

I think that while the MICU offers incredible learning experiences, being a senior in the ICU does jangle the nerves a little.

How have you changed/grown in residency?

I've gained a greater understanding of the different value systems that people have in the US, which has changed the way I approach the patients compared to how I would have a year ago. My waist-line has grown, unfortunately.

What advice do you have for interns?

You always have time. Aside from a code, you always have at least 60 seconds to gather your thoughts, maybe even look something up, before making a decision. Take the time you need and always ask for help.

WELLNESS IN RESIDENCY

Addressing resident fatigue

- Uber services:** housestaff are encouraged to use Uber when fatigued or otherwise feeling impaired. Dr. Edwards has graciously offered to pay for residents from his personal account.
- Employee assistance program (EAP):** offers 6 free sessions per year to all housestaff for free, up to 1 hour long appointments.
- The Chief Pager is on 24/7** for questions or if you are feeling fatigued.
- Full update of policies is available in the housestaff manual.



Mindfulness tips from Marie Claire Lamb, PGY-3

- Meditation** involves simply sitting still and comfortably with your eyes closed and clearing your mind of all thoughts, and focusing on your breath.
- 4-7-8 breathing** is a 4 second inhale, a 7 second hold, and an 8 second exhale done for 4-10 rounds as needed.
- Stay as present as possible** in lectures, rounds and interactions with others. It is understood you will get paged and interrupted constantly. If this happens, take a deep breath, smile, and answer it.
- Keep moving!** Exercise helps keep energy levels high and moods stable. It will also tire you out so you'll sleep better. Even if you're just taking the stairs, it adds up.

Register to vote in midterm elections this year!

The deadline for voter registration is Tuesday, October 9.

You can register to vote online (<https://www.votealachua.com/>), by mail, or in person!

Election day is Tuesday, November 6.

Stay tuned for more information on how our program will facilitate housestaff voting!



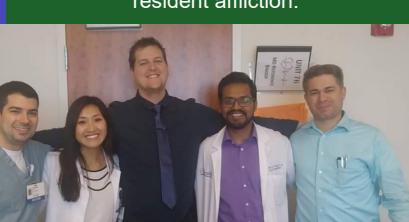
Primary care!



MCT!



#SelfiesWithShaunak?



Housestaff musician available in-house!
Taking song requests.
Note: Not FDA-approved to cure any resident affliction.



Shands Blue!



MCT!



VA Green!



Shands Orange!

Want to be featured in the next Gator Doc periodical? We are looking for contributors and photos!

#SelfiesWithSahil will be prioritized. Email Faith Villanueva at faith.villanueva@medicine.ufl.edu!