



Time to pass the torch.



Gator Doc Periodical

Issue #3

by the chiefs

That time of the year has come. Time to pass the torch. For pgy 1s, you are no longer interns! For pgy 2s, you are seniors! For pgy 3s, you are done with residency! We remember vividly and for the most part fondly, each of these milestones ourselves. This year has been an incredible experience for us. During it, we have faced challenges from all directions and have done our best to let these affect you in the least detrimental way possible. In doing so, we discovered strengths, weaknesses and plenty of areas for improvement in ourselves. In the beginning, we set out to be fair and innovative, all the while maintaining the pillars of collegiality and rigor that make this program one of the best in the nation.

For interns, you learned how to be doctors. You have had a patient's life in your hands, had them rely on you as their physician, healed them, and for some, even helped some die peacefully. I hope you can think back on these moments as some of the most impactful times of your lives. In return, you may have lost touch of some friends and family, missed weddings, and forgot a few birthdays. I am sorry to say, this struggle will remain. It's somewhat callous to call it a *right of passage*, but unfortunately there is no better description of this sacrifice. The transition between 1st and 2nd year marks another very important time in your life, perhaps more important than medical school to internship. This is because you will be expected to educate brand-new interns. Nothing magical changes from June 30 to July 1, but on that date you will be expected to be able to lead a team. The responsibility will no longer be to yourself and your patients alone, instead it will be to all the patients on your team, your interns, and the residency as a whole. Worrying about finishing your notes and seeing your patients is in the past. You will be expected to see all the patients, manage the list, run the team rounds efficiently, make sure interns don't miss important labs or orders, etc... It is an incredible responsibility that has another steep learning curve. I encourage you to reach out to current pgy 2s about the transition.

For the second years, transitioning into pgy 3 year will be far less jarring. Pgy 3 year is perhaps the best year of your residency. Ask a current pgy 3. The practice of medicine will have slowed down, patterns will be more evident, workflow more streamlined, diagnoses easier to make and cases a little more simple. You will find yourself at ease when getting paged urgently for decompensating patients because you've already seen it all. In turn, free time will also seem more abundant. You will begin to mend your relationships with others and may even begin to consider consultants and staff as "colleagues", maybe. For some of you, you'll be freaking out about your upcoming boards or your fellowship applications. Don't worry, we tend to do fine on both of those here. I encourage you this year to remain humble. Focus on honing the extra things that make a good physician. Think back on your favorite attendings, fellows and residents. What made them your favorite? Was it the rapport with patients they seemed to form within 2 minutes or was it their vast knowledge of medical literature? Whatever it was, start working on these skills in yourself.

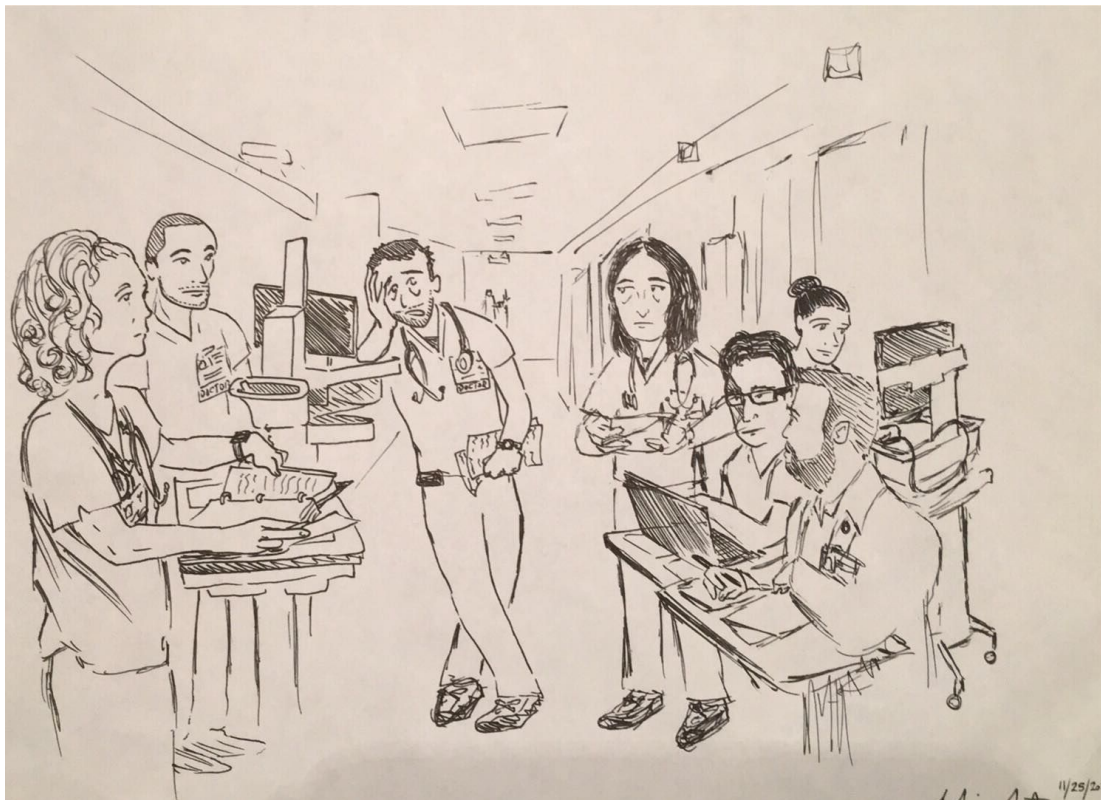
Maybe you want to do cardiology and your goal is to get better at reading ECHOs. You can do that, we have the resources. Just because the medicine is a little easier doesn't mean you stop improving, but it is up to you to make the effort to continue to grow as a physician. No more trophies, no more certificates, no more hand-holding. With only one major test in your future, what usually motivates people to go beyond just known basic medicine are the patients in front of them expecting an answer and counsel from their doctor, from you.

We could not end without also honoring the pgy 3s, many of whom have chosen to stay at UF to complete fellowship training. Don't forget what it is like to be a resident, and please don't come steal the free lunch. For those heading somewhere else, make UF proud. Don't be THAT fellow. Don't let the frustrations of a new system bog you down. Don't rest on your laurels, keep striving to grow. Be open to a new system and don't assume it is inferior. Likewise, don't assume it is superior. Be a role model. You might even find that you had it pretty sweet here. As always, keep in touch and show everyone what it means to be a gator doc.

So that is it, we will be finishing out May, but after that we are out. You will be able to continue to call on Dr. Kramer's wisdom whenever you call a STAT cardiology consult, he prefers you use his direct cell. For Kris and Eric, they will be heading to Ohio State and Carolina's. Look them up when you are on an interview. For Kenji, he will be heading to the West Coast after a year at NFRMC. It has been an honor to be your chiefs. Continue to advocate for patients, laugh at complexity, cry at tragedy, work to improve inefficiency, refuse to accept inequality and strive for improvement.

Your chiefs,

Eric, Josh, Kenji and Kris



"How about for once we stand around for four hours and talk about **my** problem list."

By Selina S., incoming pgy 1

Illustration by Christopher M., pgy 2

What's up Gainesville?

Recurring Favorites:

Taco Tuesdays - Cilantro Taco Food Truck @Swamphead

Running Group Tuesdays at 7 -
Contact Nat Hughes

Running Tabs - Wednesday
Running Group @First Magnitude

Specialty Events:

May the 4 Beer w/ You - Star Wars
Inspired brews @Swamphead

Hamlet - Through May 7th
@thehipp

The Mousetrap - May 12-28th
@gcplayhouse

Important Dates:

May 14th - Mother's Day

May 29th - Memorial Day

May 26th - End of the year party



The time to reflect is always, if not always, then the time is now. Transitions always mark a time when you can make a change. It could be to double down on your current efforts or it could be to completely change who you are and who you see yourself becoming. Either way, you need to first reflect on the year preceding. For those in residency, the natural transition point isn't January 1, it is July 1.

Look back on the year. How did it go? How did you do? Did you get in your own way for success, do just ok, or did you rock this year? I can't answer these questions for you. You need to answer them for yourself. If you have trouble with doing that kind of thing, try and find someone who can be your mirror. Someone who is willing to tell you bluntly how you did. Then, return the favor. You can't learn from a life lesson unless you actually study it.

This is your task before July 1 rolls around. Identify a few events this year that went extremely well. Was it a conflict that you masterfully traversed with minimal upset, was it a research project that you finally got published? Either way, look at why it was a success. What did you do specifically and how can you do MORE of that on a regular basis. Next, identify a few situations that didn't go well. Perhaps a poorly managed patient or bad interaction with a colleague. Why did that happen, and how can you PREVENT it from happening again?

Green Space & Golf - Go enjoy the weather

Two of the most popular parks are Depot park, where you can watch the kids play while enjoying a craft beer and Sweetwater where you can see a 12 foot gator, numerous native birds and other wildlife on a short well maintained trail (sorry no dogs allowed)

Why not enjoy your day off with a round of golf. There are several courses nearby with affordable prices and for 9 or 18 holes as well as lessons.



- 1 Ironwood Golf Course
★★★★★ 10 Yelp reviews
2100 NE 39th Ave, Gainesville - (352) 334-3120
- 2 Gainesville Country Club
★★★★★ 1 Yelp review
7300 SW 35th Way, Gainesville - (352) 372-1458
- 3 Mark Bostick Golf Course
★★★★★ 1 Yelp review
2800 SW 2nd Ave, Gainesville - (352) 375-4866
- 4 Haile Plantation Golf & Country Club
★★★★★ 5 Yelp reviews
9905 SW 44th Ave, Gainesville - (352) 335-0055

Meet your new Chiefs!
Shands Inpatient - Leigh Cagino
Future career - Pulm CC



Shands Outpatient - Grant Jester
Future career - Hem/Onc



VA - Jess DeLaune
Future career - Hem/Onc



QI - Grant Lowther
Future career - Pulm CC

