



Florida
Chapter

Governor's Newsletter



Manning H. Hanline, Jr., MD FACP, Governor
Jason M. Goldman, MD FACP, President/Governor

October 2018

CELEBRATING WOMEN IN MEDICINE

Though September closed the chapter on 2018's *Women in Medicine* month, we would like to take the time to celebrate some of OUR wonderful women in medicine. The women of the Florida Chapter ACP.

We are your friends, colleagues, mentors, trainees, early career physicians and leadership. Women to bring a warmth and quiet dignity to what they do, how we serve. Even when confronting controversy, we strive to do so with grace.



Michelle L. Rossi, MD FACP

Collected for you are a handful of photos, stories and perspectives. We plan to expand this concept and include more members. Therefore, if so moved, please feel free to write your own story for consideration in future newsletters and send to Dawn Moerings at floridachapteracp@comcast.net.

Featured women were asked to write about almost anything - the joys or challenges of medicine, how she approaches balance, a touching story, imposter syndrome, self-care, or a little bit about herself.

Given the timing and logistics, in lieu of some words, we include photos taken at the 50th Annual Scientific Session: two women took top honors in their poster competition category and we hosted our 4th annual Women in Medicine Networking Breakfast. This event has grown from an impromptu breakfast to a meaningful event that lingers long past its "suggested" end time! Thank you for coming together to contribute your authentic selves in support of each other.

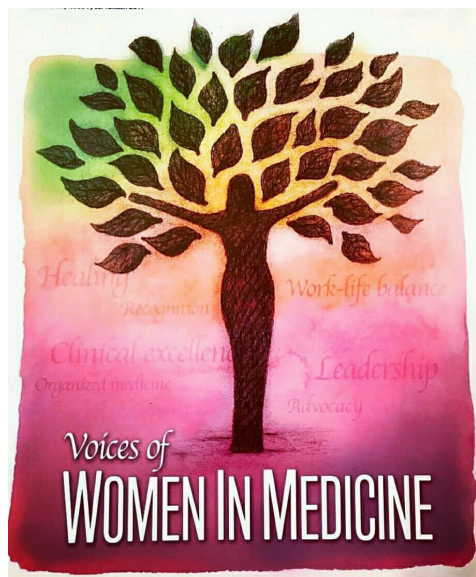
We also hope some of you took a moment to relax, reflect on what you learned and reset your perspectives during the weekend meeting. The Relax/Renew/Recharge Room was a success; we anticipate its return next year. You are invited to provide suggestions that may add to the concept. For example, if anyone is willing to lead a yoga session or two, please let us know!



We are excited to announce that the Governor's Advisory Council approved a new award, modeled after the Blackwell Award given by national ACP: it will honor women in medicine who have helped "pave the way" or promote her sisters in medicine. Stay tuned for more details.

We hope you enjoy this, perhaps find motivation or inspiration in the following pages. Our fellow members are remarkable physicians, leaders, parents, wives, daughters... women who add vibrancy and diversity to our Chapter.

Michelle L. Rossi, MD FACP
ACP Florida Past Governor



VOICE OF A RESIDENT

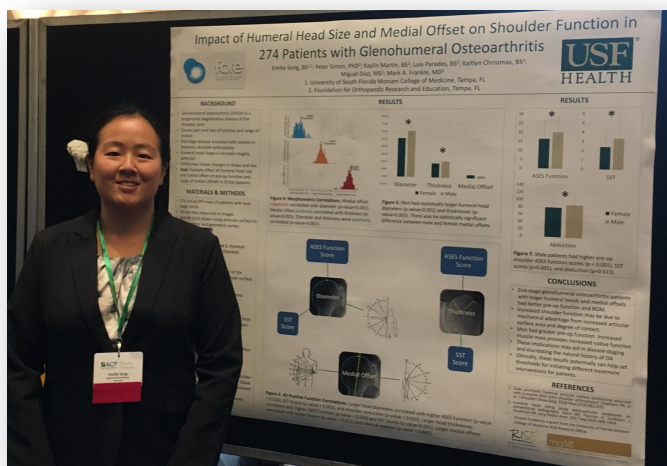
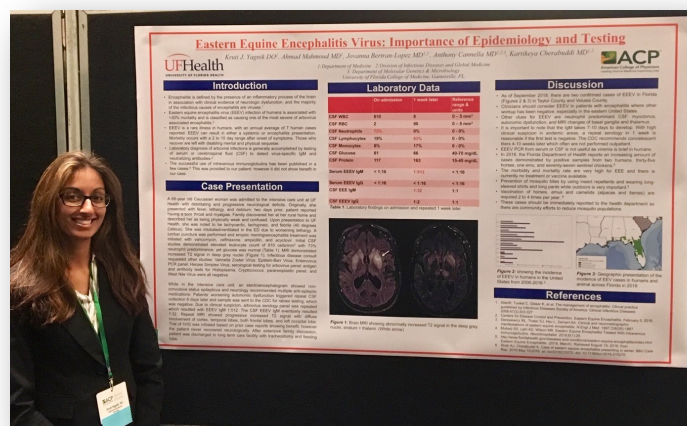
My name is Kruti Yagnik and I am a third year internal medicine resident at the University of Florida- Gainesville. I am currently applying to infectious disease training programs and hope to start a fellowship in the next academic area. Women in Medicine is such an important topic for me because I am president of our Female Residents of Internal Medicine (FRIM) interest group at UF. We meet monthly to discuss important topics for women in medicine such as career planning, self-advocacy, conflict resolution, family planning, and negotiation skills. It has been such a great success at UF and we actively involve interns, residents, and various female faculty from our medicine department.

One of the things we discussed as a group related to imposter syndrome- which is something very common with women in medicine. We always seem to doubt our accomplishments or feel that we are inadequate. As a group, we discussed how we can limit these feelings of imposter syndrome and one of the ways was through the concept of graceful self-advocacy. Basically, this meant that it was important to

highlight and share our accomplishments and successes with others even when we may feel scared to. This may mean just talking about an important manuscript, grant, poster, or award with others in the department and being proud of not just your success, but also the success of others around you. It is important to put yourself out there and share because we all work very hard to be here and should never feel incompetent about it.

Another thing I wanted to talk about was the challenges of medicine. We all work long hours and sometimes it can feel absolutely overwhelming and exhausting. One of the things I really try to promote is the concept of wellness. This means taking time for yourself and always remembering to care about yourself first. Along with this, it sometimes helps to look back a few (or many) years to remember why we entered the field in the first place. Going back to those days and initial memories (your first patient interaction, first time you truly made a difference, etc.) can really help motivate you to keep going and help to provide the best care you can for your patients, who really depend on you.

Kruti Yagnik, D.O.
Resident Physician PGY-3
UF Health Internal Medicine



VOICE OF A MEDICAL STUDENT

I think the most important thing I've learned so far is to not let medical school take over your life. I had a hem-oncology test the Monday after the 2018 Florida ACP Chapter meeting. One year ago, I definitely would have been too neurotic to dare to do anything besides study the weekend before a test, but I've learned to not worry so much over getting honors on every little thing and to let myself actually enjoy medical school.

Emilie Song
USF Morsani College of Medicine
Class of 2021

VOICES OF EARLY CAREER PHYSICIANS

"Being a full time physician and full time mother definitely has its challenges. There's an internal battle between excelling at Medicine, and at parenthood. The guilt is pervasive. Am I spending enough time with my one year-old, son? Am I present enough emotionally at the end of a long day of taking care of patients and their needs, to meet my three year-old, daughter's needs, my own needs? Do I have enough physical energy to combat that guilt and get myself to the gym after work for a workout to be better equipped to handle those responsibilities? A full day of daycare for my two toddlers, and then another daycare drop-off at the gym's kids club; will my children feel abandoned? My husband is at the core of this ongoing juggling act, amazingly supportive and present as a husband and father, while managing our home, children, me, and an amazing career as a professor and writer.

I'm told it gets better, but you know what? I wouldn't change a thing... life is beautiful."

"A good laugh and a long sleep are the two best cures for anything"
— Irish proverb

"Whoever saves a life, it is considered as if saving an entire world."

*Tulisa LaRocca, MD FACP
Affiliated Assistant Professor of Medicine
University of Miami Miller School of Medicine/JFK Medical Center
Palm Beach Regional Graduate Medical Education Consortium
Director of Ambulatory Education*



**Jason M. Goldman, MD FACP, Michelle L. Rossi, MD FACP
Mariya Milko, DO, Ankush Bansal, MD FACP**

I have only been practicing medicine on my own for a year, and with my 1-year anniversary coming up there are definitely some things that I have learned along the way. I am part of large physician organization with almost 300 physicians but I am by myself in my office so everything falls on my shoulders. When I first started my job, I'll be honest, I wasn't happy. I was overwhelmed with the amount of information thrown at me without anyone really there to guide me. I was a young doctor who still needed to learn but not enough time in the day. I was also experiencing burnout already to some extent after residency, where there were definitely days that I would wonder if I made some huge mistake with choosing this career. One year later I still have bad days, but things are definitely better and I attribute the vast majority of the change due to the changes that I have implemented in myself.

It is all about your mindset. If you wake up and walk into your office thinking that today will be a terrible day, it will be. If you think every day about all the negative things about your job that's all that will stick out and you will be miserable. About half way through the year, I made a conscious effort to have a more positive outlook. To not focus on how many notes aren't finished, or how many things in generally aren't complete or things that are out of my control. I noticed slowly that I became happier, by telling myself a mantra. "Today I will do as much as I can for my patients, and the things that can't be done today, can be done another day."

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I have prioritized spending time with my patients. Not only does it lead to me feeling happier, patient outcomes are better. I believe the fact that doctors are rushed, and forced to see so many patients, sometimes in as little as 5 minutes, leads to dissatisfaction. I noticed that in residency, and I hated it. I always told myself that if I could do it my way, things would be different. I devote 1.5hrs to a new patient visit and at least 30minutes for a follow up. I will do it for as long as I can because it has led to results³) Importance of having the right staff and finding ways to motivate them. One day I overheard my staff complaining about a patient that calls too frequently. I ended up going up front and just talking to them for 20 minutes. I explained to them that the true test in healthcare for a doctor or a nurse or anybody isn't how you deal with the easy, sweet, compliant patients, but how you deal with the difficult, angry, annoying patients. Those are the ones that need the most patience and attention. I reminded them to remember that they are sick and to put themselves into their shoes. I did this a few months ago and I can honestly say it's made a huge difference in their morale and how they feel about their job and how they treat this patient now. I'm going to start having a pep talk every few months to try to get everyone on the same page. (patient examples omitted for length but the author would be happy to share her successes)

Self-care tips that I have implemented to prevent my burnout:

- The importance of self-care. Taking time for myself, by myself has changed the way I feel. Once a month I make sure I go to get a manicure/pedicure or a massage.
- I've started reading again to have some time that's away from a computer screen and noise. It has helped bring my anxiety down
- Me and my husband made a resolution to try to spend at least one evening a week where we go out and do something together, i.e dinner, movie, etc. I was tired of just coming home late from work and just eating and going to sleep. It felt like life was just going by without any meaning.

Some final thoughts:

At the end of every day I come home, feeling exhausted at times, happy or sad sometimes and I think I can't possibly do anything else. But then some time passes and I get a burst of energy and I want to try to do even more. I want to find ways to help more people, volunteer, get involved in advocacy, learn more and I realize that having these aspirations is what makes me happy. If I just give up and give in I become miserable, so I keep going and striving to be better. The drive to constantly want to be better makes you a better doctor. You have to strive to be on the right side of the bell curve as Dr Altus talked about in his talk. Be one of the doctors that strives to be and do more and you will always win in the end and so will your patients.

*Mariya Milko, DO
Early Career Physician*

SALUTE TO KAREN ECHEVERRIA-BELTRAN, MD FACP



Dr. Karen Echeverria-Beltran is a clinician educator with over 15 years of experience who serves as the Ambulatory Education Director as well as an Assistant Program Director for Internal Medicine at Florida Hospital. To us, she is simply impressive as a mother and mentor! Over the past decade, we could not have featured such streamlined resident and student poster sessions without her tireless effort and selfless dedication. We look forward to many more years together. We salute this lovely woman in gratitude for her service, leadership and friendship."



We invite you to submit your own story for consideration in future newsletters.
Please email to Dawn Moerings at floridachapteracp@comcast.net.
Thank you for your service to the profession of Internal Medicine.



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