Tips, Tricks and Lessons Learned

Were sharing some of what the previous classes have learned along the way and are providing some feedback and tips from our nursing staff and Academic Affairs.

**From our staff:**

* We are all on the same team – please introduce yourselves to the nursing staff and unit manger and let them know who you’re working with.
* When starting work on a new unit, ask where to place charts with new orders. Each unit is slightly different and we don’t want to miss any.
* When done with charts, please return them to the chart rack for others to use.
* If you have questions, each unit has a utilization coordinator who can help. A list of coordinators is posted in the lounge.
* There is no food and drink allowed anywhere there are patient charts. This includes the conference room on Pediatrics (1B).

**From current residents:**

* Try to establish good, healthy habits right from the start of residency. There’s a tendency to tell ourselves that we’ll add that in once the dust settles, but it never does! You owe it to yourself to prioritize wellness, and it’ll make you a better, happier doctor and person.
* Bubbles are the cure for crying children. Buy little give-away bubbles containers in bulk and keep them around! (from our pediatric residents ☺)
* Get organized. If you aren’t already, create a system for keeping track of to-dos, notes, and resources. Evernote or an alternative is a good choice if you’re computer-based. Use tags instead of folders to organize documents, since most things fit into more than one category. For example, I tag ‘rheumatic fever’ with both ‘rheumatology’ and ‘cardiology’.
* Do the best that you are able, find some time each day to study, even if only for a few minutes. It adds up!
* Be kind to allied staff, and they will be kind to you. Remember that some have had negative experiences with the more unreasonable of our colleagues, so their initial reaction to you might soften once they realize you’re nice!
* When you are post call, eat breakfast and have a shower before going to hand over. You never know how long it will take and being fed and clean will go a long way!
* Make exercise a regular part of your life and keep it that way. When things get busy, don’t let it be the thing you cut.
* Enjoy each year of residency! It goes really fast! Especially if you are in a 5 year residency, sometimes at the beginning you just want to be further along. Those first years you can’t get back, learn as much as you can.

**From Academic Affairs:**

* We are always here for you! Stop by and get to know us….we would love to help you in any way we can. If your pager is broken, there are no XS scrubs, you need to speak to someone confidentially, or you’ve had a bad day and just want to vent….come see us!
* Ask us any questions you might have. We might not always have the answer but we can point you in the right direction.
* Get to know your fellow residents…..they will become your best friends and someone to lean on when it gets tough.
* TBRHSC has a prayer room in our hospitalist office area.
* If you’re a new mom – we have space for breast feeding which can be accessed by calling or stopping by Academic Affairs.