

# **Cheat Sheet for First Three Years in Practice**

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### **Surgical Practice**

- Prepare
- Communicate
- Plan each day and round
- Respect hospital staff/nurses

### **Operating Room Demeanor**

- Calm, cool, collected, overestimate length of procedure
- Know when to move on
- Be critical of yourself before others

### **Approach to Clinic**

- See your own patients, notes to referring docs, don't be picky on referrals
- Network with other young docs in your group
- Presents during Holidays to staff

### **Boards**

- Practice evidence based medicine
- Document, document, document (pros/cons, discussions with other attendings)
- Manage complications within your own scope of practice, get consults
- Be organized and delegate logging

### **Partners/Mentor**

- Respect other partners, people do things differently
- Some partners can be intimidated by your training & drive
  - Identify them and make them feel special
- Mentors: surgical, clinical, financial, family, career, research

### **Teaching Residents/Fellows**

- Tough to let them operate 1<sup>st</sup> year
- Teach to multiple levels, teach residents by teaching patients
- Meet them outside of the hospital

### **Research**

- Set goals, best time to write is 1<sup>st</sup> year out
- Apply for department funding/prelim data
- Find a research niche
- Prepare for failures

### **Family**

- Challenging, communicate, make time
- Minimize work at home & Go big on Vacations!