Good Habits in the First Year

• Beginning of a new chapter: “Starting out on the right foot”
  o Adapting to new roles as a care provider, educator, leader and primary surgeon
  o Balancing humility with confidence
  o Continuing the same work ethic that got you here
  o Surviving days of being overwhelmed and feeling inadequate
• Patient care- what patients care about
  o Communication: “A picture is worth a thousand words”
  o Involving patients and family in decision making process
  o Setting expectations from the beginning
  o Bedside manner tips: developing rapport and winning over trust
• Getting on track in the operating room
  o Check lists will save you frustration
  o Making your own preferences using a spreadsheet
  o Treating others how you want to be treated
  o How to maintain composure in difficult situations
  o Pre-op planning is still just as important
• Practice guidelines
  o Stay in the habit of saying yes
  o Volunteer to help consistently
  o Documentation habits
  o Becoming more efficient
  o Challenges to anticipate in the office
• Working with residents: “Wasn’t I just one?”
  o Developing a consistent routine they can get familiar with
  o Setting expectations early on
  o Balance friendship with authority
  o Playing a role in academics
• Your education
  o Continue involvement in courses- either attending or teaching
  o Establishing a routine to continue reading and pre-op planning
  o Accepting criticism and praise with humility and use it for improvement
• Boards
  o Maintaining a case log journal
  o Make note of complications as they come
  o PROMIS surveys- how to approach asking patients to rate you
• Personal life
  o Continuing hobbies and friendships outside the hospital
  o Balance in life is hard to achieve, it’ll never be perfect
  o Mental and physical health should always be a priority