

Good Habits in the First Year

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