

Episode 11: Ask a Resident and Fellow

[0:00] Dr. Lindsey Negrete introduces the episode and medical student Andrew Nguyen

[1:00] “What advice would you give for someone going through their intern year before starting their radiology residency? Is there anything that you would change about this year to either stay involved with radiology or prepare for it?”

1. Dr. Jen Padwal (Stanford R2): Take advantage of the glimpse you’re getting into medicine or surgery. It can help improve your future radiology reports by anticipating the needs of ordering clinicians. I don’t think it’s very valuable to learn radiology during this year, as you’ll have plenty of time to learn radiology during your radiology residency.
2. Dr. Claire Meriwether (UCSD R1): Intern year can be overwhelming, so it’s okay if all you can do is get through your daily schedule, which will likely be heavy during inpatient rotations. Remember your job is to show up, learn lots, work hard, and most importantly, take excellent care of your patients. All of that is a lot of work, so if you don’t have time to be reading radiology textbooks, don’t be hard on yourself. That being said, you can find radiology pearls in your daily schedule. You can pull up the actual images of your patients, not just the reports. Walk down or call down to the reading room if there is an interesting finding you want to discuss with the radiologist. People will be happy to discuss further.
3. Dr. Eric Keller (Stanford R3): Ground yourself in the clinical aspect of medicine. I don’t have regrets about not opening a radiology textbook the entire year. If I was going to study something, it would be anatomy, particularly neuroanatomy.
4. Dr. William Hong (Stanford Body MRI Fellow): Don’t worry about learning radiology during intern year. The time for that is radiology residency. I read more CXRs in my first week of radiology residency than my entire year of being a medicine intern. During intern year, focus on learning the clinical medicine. Being able to speak the language of our colleagues is the most valuable thing to learn from intern year.
5. Dr. Rob Becker (Stanford Body Imaging Fellow): Simply enjoy the year itself.
6. Dr. Lindsey Negrete (Stanford Body attending): Get to know your co-interns, do your best on wards, ICU rotations, and really dive into medicine year. It will be a year unlike any other year. Enjoy being a doctor for the first time.

[6:30] “What has been the biggest surprise for you about starting radiology residency? Is there anything you wish you could tell yourself before starting R1 year?”

1. Jen: How much of an impact our reads have on patient care. Our reads affect clinical decision making for entire hospital.
2. Claire: There's so much to learn. It is not an exaggeration that with every readout and every case you will learn something new. I try to soak in as much as I can in the moment, then go home and read, read, and read some more. Less hours in the hospital during R1 year vs intern year, but you will have lots of independent learning at home. Being mentally prepared for this transition is key.
3. Eric: How hard and different it was. With other specialties, you are going through similar motions as in medical school. The skills are somewhat translatable. Your day-to-day workflow in radiology is not at all translatable, and it felt like starting over. It ends up being rewarding. In diagnostic radiology, we are the ones diagnosing. Every study is a question. It's fun because it's like a mystery.
4. William: How much there is to know. That being said, the R1 schedule allows for ample time to study and learn this material. R1 is a wonderful and limited window of time where expectations of you are low. Take advantage of it. Don't be afraid to pick up studies that look like they might be challenging. Feel free to ask lots of questions to learn as much as you can.
5. Rob: Find a great mentor. The best thing to happen to me during residency is to have a great senior resident mentors. Special shoutout to Dr. Trevin Hayman and Dr. Sami Faruqui and faculty mentor Dr. Shawn Sato.
6. Lindsey: I was nervous about boards and the CORE early on. In first and second year, getting a strong foundation and reading larger textbooks on each rotation is important. Reminding attendings during readouts to go over basics.

THANK YOU! For questions, comments, concerns....letsreadout@gmail.com