

# Women in Medicine Pre-Med Talk

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Emergency Medicine

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# PechaKucha

- “Chit Chat” in Japanese
- PechaKucha Nights PKNs invented in Japan 2003
- 20 slides for 20 seconds = 6m40s

# Tom Friedland

- Niskayuna NY
- University of Alaska Fairbanks
- McGill University, Faculty of Medicine, Montreal Quebec Canada
- Newark Beth Israel Medical Center NJ Emergency Medicine Residency
- CEA / TeamHealth at St. David's & Heart Hospital
- [TopScribes.com](http://TopScribes.com)
- Travel, Airway Management, Mindfulness, Wilderness Medicine, Racquetball, Whisky, Resuscitation

# Topics

- Pre Med Tips
- Wellness
- Scribes
- Emergency Medicine
- Med School Tips
- Women in Medicine
- #FOAMed
- Airway Management
- Wilderness Medicine
- Whisky

# Pre Med Tips

# Pre Med Tips

- Don't major in Science (Unless being a Scientist is your plan B)
- The MCAT is the hardest test I ever took. Give yourself adequate prep time
- Take a year off
- You only go to college once (hopefully). Enjoy it.

Wellness

# Wellness

- “This is Water” by David Foster Wallace
  - [https://www.youtube.com/watch?v=PhhC\\_N6Bm\\_s](https://www.youtube.com/watch?v=PhhC_N6Bm_s)
- Med School is a Risk Factor for Suicide
- You have to prioritize your wellness

# Med School Tips

# Med School Tips

- Take a year off
- Learn about the different specialities early
  - There are several you may never hear about (Radiation Oncology)
  - Figure out what you would do for free, do that
- Wellness
- Enjoy it

# Women in Medicine

# Women in Medicine

- [FemInEM.org](http://FemInEM.org)
- “Don’t Quit This Day Job” - New York Times Article by Karen Sibert June 11, 2011
- “Comparison of Hospital Mortality and Readmission Rates for Medicare Patients Treated by Male vs Female Physicians” JAMA Intern Med. 2017;177(2):206-213.

# Women in Medicine

- “patients treated by female physicians had significantly lower mortality rates (adjusted mortality rate, 11.07% vs 11.49%) and readmission rates (adjusted readmission rate, 15.02% vs 15.57%) compared with those cared for by male physicians within the same hospital.”

# Women in Medicine

- “About 30 percent of doctors in the United States are female, and women received 48 percent of the medical degrees awarded in 2010. But their productivity doesn’t match that of men. In a 2006 survey by the American Medical Association and the Association of American Medical Colleges, even full-time female doctors reported working on average 4.5 fewer hours each week and seeing fewer patients than their male colleagues. The American Academy of Pediatrics estimates that 71 percent of female pediatricians take extended leave at some point — five times higher than the percentage for male pediatricians.”

# fix2017 conference

Oct 4-6 NYC



The poster features a large, stylized 'fix' logo in purple and white, set against a background of purple and white hexagonal patterns. Below the logo, the text 'feminem 2017' is written in a smaller, purple font, with 'idea exchange' in a smaller, white font underneath. The dates 'October 4-6, 2017' and the location 'New York City' are prominently displayed. A quote from Dara Kass, MD, is featured in a white box with a purple border. The poster also includes details about the conference schedule, registration options, and a list of speakers.

# fix

**feminem 2017**  
idea exchange

October 4-6, 2017  
New York City

Guaranteed to be the **most** inspiring women's development course in emergency medicine!

**DAY 1-2: FIX Talks**  
fix2017 starts at the **SVA Theater** in NYC. A single track course with a combination of short talks (10 min), longer talks (15-20 min) and expert panels. The Workshops start on Day 3!

**DAY 3: The Workshops**  
fix2017 culminates at the **Innovation Loft** in NYC. Pick your own adventure! Select from well-curated workshops on presentation style and design, speaker development, leadership, economic writing and business management.

**SPEAKERS INCLUDE:**  
Debra Birnbaumer, Ross Fisher, Sara Gray, Resa Lewis, Lynne Harrison, Gillian Schmitt, Bruno Spangler, & Scott Weingart

**Two Registration Options:**

**FIX TALKS:** October 4-5  
**Includes:**  
2 days of talks for our Feminem's at the SVA Theater.

**October 4 at Night:**  
FIXnNY Dinners: Pre-Organized Networking Dinners throughout NYC! Dinner for groups of 8-10 to facilitate networking and mentorship.

**October 5 at Night:**  
All Fixed Dinner and Drinks  
Our FIX2017 Event for speakers and participants at SLATE NYC.

**THE FULL FIX: The FIX Talks + Workshops:** October 4-6  
**Includes the above and:**  
Single Day of Small Group Workshops at the Innovation Loft.



“  
Our content will be relevant, empowering and inspirational. After they are all FIXed, participants will be ready to take on the world!”  
- Dara Kass, MD

feminem Registration will open April 1<sup>st</sup> at [www.feminem.org](http://www.feminem.org)

# Medical Scribes

[TopScribes.com](http://TopScribes.com)

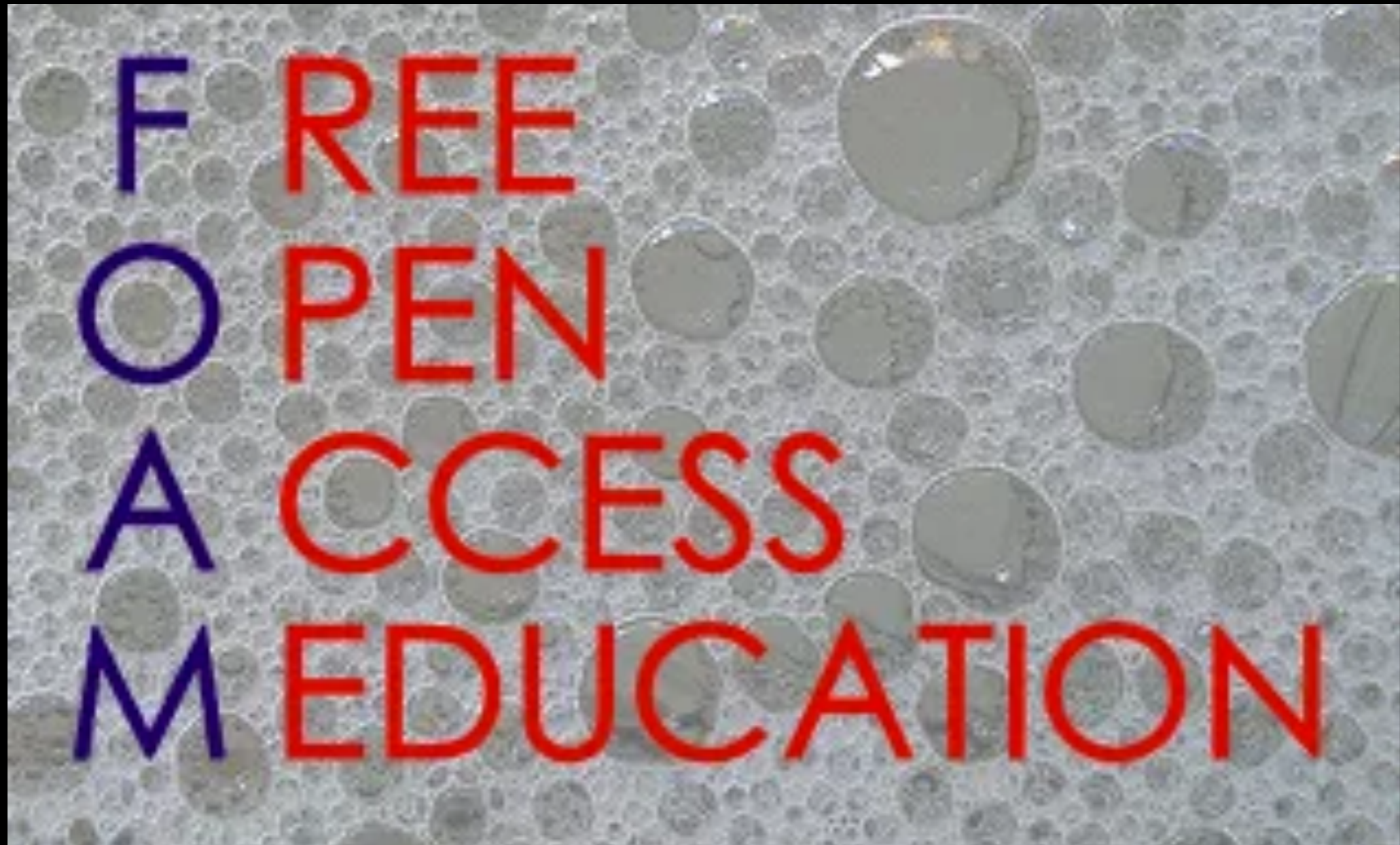
# Emergency Medicine

# Emergency Med: Pros

- Exciting and varied
- Time Control
- Pay ok
- Learning specialty
- Worthwhile work
- Center of healthcare

# Emergency Med - Cons

- Grossly abnormal time schedule.
- Night and holiday work
- Sometimes lack of system support
- Often chaotic
- Frequent difficult patients



FOAM #FOAMed

# FOAM

- <http://lifeinthefastlane.com/foam/>
- SMACC - Social Media and Critical Care
- [emcrit.org](http://emcrit.org) - Emergency Medicine and Critical Care blog

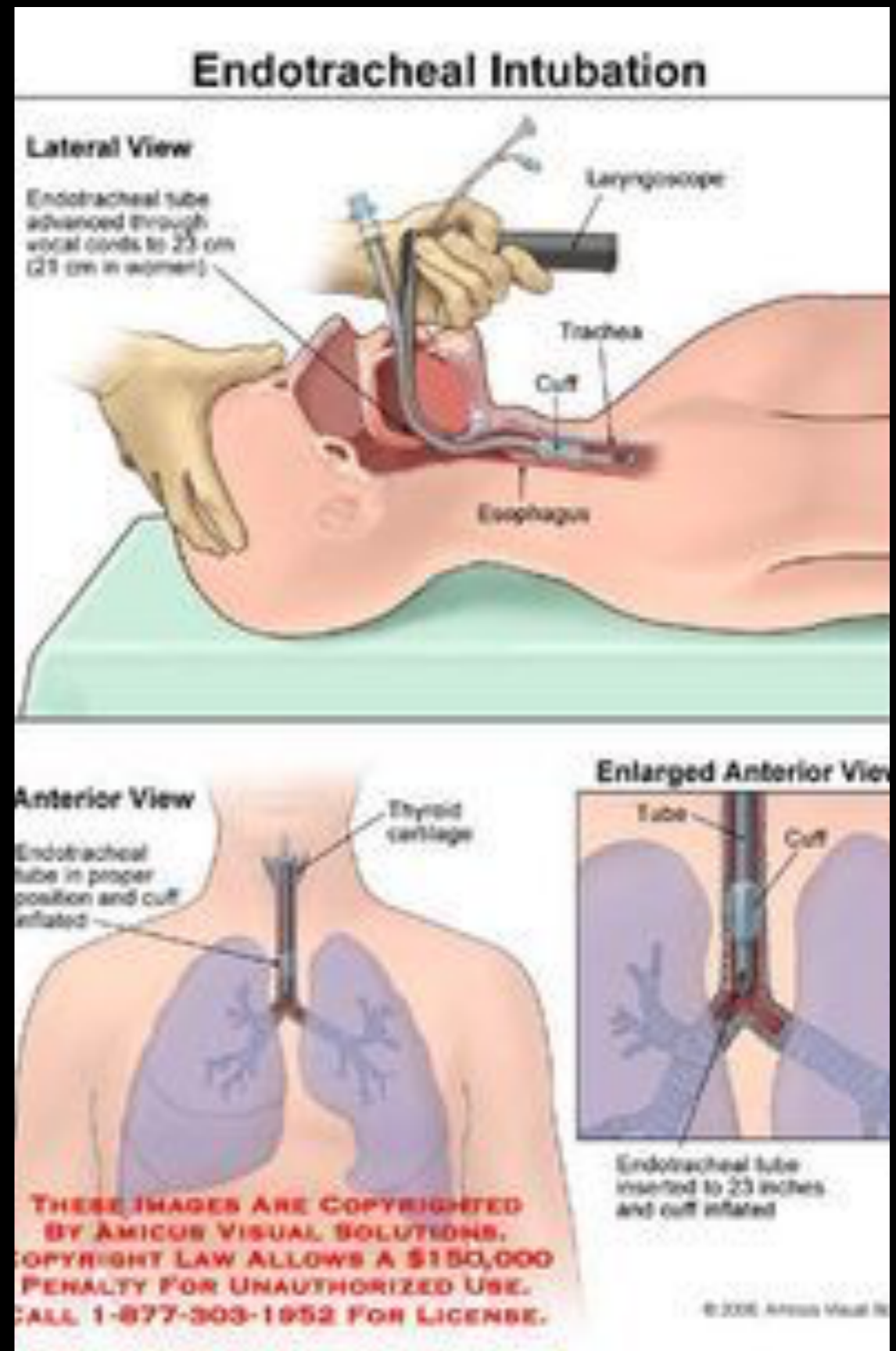
# Airway Management

# Airway Management

- “The patient in ICU 6 needs to be intubated”
- Endotracheal Intubation



# Endotracheal Intubation



# Wilderness Medicine

# Wilderness Medicine

- <http://wms.org/>
- Wilderness medicine (also known as expedition medicine) is the practice of medicine where definitive care is more than one hour away, and often days to weeks away. Defined by difficult patient access, limited equipment, and environmental extremes; decision making, creative thinking and improvising.

Whisky

# Whisky

- distilled alcoholic beverage made from fermented grain mash. Various grains are used for different varieties, including barley, corn, rye, and wheat.
- Bourbon Whiskey, Scotch Whisky, Japanese Whiskey, etc

# Bourbon

- Produced in the United States
- Made from a grain mixture that is at least 51% corn
- Aged in new, charred oak containers[20]



# Jack Daniel's

- Tennessee Whiskey
- technically NOT a bourbon
- Lincoln County Process:  
whiskey is filtered through  
charcoal



# Scotch Whisky

- Produced at a distillery in Scotland
- from water and malted barley (to which only whole grains of other cereals may be added)
- Wholly matured in Scotland in oak casks for at least three years

“ A SYMPHONY ”

OF SMOKE.

TASTES

LIKE A

BURNING  
HOSPITAL.

EARTH NEVER

TASTED  
SO GOOD

BASTION CRIDER

FRIEND OF LAPHROAIG SINCE 2010

LAPHROAIG.COM/OPINIONS

#OPINIONSWELCOME



# Questions?

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