Thursday Memo – January 24, 2019

This week we have yet another reflection from Pam Adelstein, graduate of the Family Health Center of Worcester Residency program and current faculty member at Codman Square in Dorchester MA. Her reflection is accurate, (partly) tongue-in-cheek, and fun - all in one! You may want to respond with your own version.

You can reply to Pam at pamelaadelstein@gmail.com or to the list serve directly. Enjoy.

"You might be a family doc if..."

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people can add their own but here are some of mine:

... if you have a whole shelf of tshotshkes given to you by your pts when they return from being away in their countries for the winter

... if you offer to remove their skin tags when they're in just for a cold

... if you talk about sex all day

... if you are constantly amazed by your pts' optimism and faith, even when their lives are so challenging

... when you look forward to seeing your pts and receiving a hug from them - as much as they look forward to receiving a hug from you

... when you need to keep reminding pts to focus on them since they are also asking questions about their partner and kids and parent

... when your pt asks if their child can see you instead of them

... if the pt you're seeing is pregnant and they remind you that you delivered them
... if your friends call you to refill their scripts while they are waiting for their dr, or to look in their child's ear, check out their mole, or if they send you photos of rashes and ask what you think

... if the highlight of your day is learning that your Spanish speaking pt just became a citizen

... if in one day you prescribe EC, insert LARCs, do preconception planning, and congratulate someone on their pregnancy

... if you call your patients at odd hours to check in on them

... if you bring in books, toys, coats, etc that you're not needing and put them in the waiting room with a sign marked "free"

... if you are excited to refer pts to the new discounted healthy supermarket down the street

... if you show pts how to meditate

... if you sign on line petitions to help improve health care in the US but really your heart breaks as you try to help stop the cycle of poverty but all you can do is what you tell the residents you precept. "To move the patient a tiny bit toward the goal of improved health, and give them a little love."