

## **New Intern Resources**

### ***Curbsiders: Survive the Intern Year: Becoming a PGY-1***

<https://thecurbsiders.com/podcast/176-intern>

### **ACP IMPower Resources: PGY-1 (ACP login required)**

<https://www.acponline.org/about-acp/about-internal-medicine/career-paths/residency-career-counseling/impower/pgy1>

### **NEJM Resident360: Surviving your first month as a doctor**

<https://resident360.nejm.org/expert-consult/surviving-the-first-month-as-a-doctor-advice-from-the-community-2>

### **Sankey's PGY-1 Pearls**

- Embrace (and keep track of) your mistakes (you'll make them).
- Medicine is iterative, not linear. Don't be afraid to go back to the bedside, to stop and re-think your differential.
- Uncertainty in patient care is necessary and even desirable.
- There will be times when you are the *only one* who is right. Don't assume you are wrong just because you are an intern.
- Remember to identify the foundations of every case: the host, the clinical syndrome(s), the differential(s).
- If medicine is a car you drive, learn how to use the gas *and* the brake. Less is often more, and in many instances inaction is preferable to action. ("Don't just do something, stand there!").
- (Corollary to the above): Daily labs are not necessary for almost every patient on a general medical ward; blood cultures are not mandatory for every fever. We fear "missing something" more than we should, and we fear iatrogenic complications far less than we should.
- Discharges are as important as admissions, and the same care and attention should therefore be provided.
- Review your orders on every patient every day.
- Copy forward is fool's gold. It may seem like it saves time, but it doesn't, and it also frequently carries forward inaccurate information.

- Understand who you are consulting and know that you and your team are final deciders of any plan of care.

## **Yale Program PGY-1 Goals (devised by a group of trainees and faculty)**

### *Knowledge*

- Learn about the logistics of discharging a patient (ex. how to do med-rec for discharge, discharge instructions, follow up visits).
- Learn about care coordination and why it's essential.
- Learn about nutrition and prevention, including enteral/parental feeds, different types of TF's, and nutritional value/indication.
- Learn about discharge summaries (what points will be included, how detailed it should be, when residents start writing it, how often they update it).
- Consider and review the underlying pathophysiology of a presentation and how it helps form the differential diagnosis.
- Inventory your clinical knowledge areas of need, pick one or two, and spend 60 minutes a week reading and learning on those particular areas.
- Learn how to efficiently read and evaluate primary literature.

### *Skills*

- Devise your own plans for the patient before talking with your resident/attending. It's OK to be wrong.
- Try to present on rounds from memory and give the team a bigger and more important picture.
- Maximize efficiency by prioritizing important tasks (calling consults, placing important orders).
- Sign out with anticipatory guidance to the covering team.
- Provide comprehensive but concise written notes and oral presentations.
- Practice doing as much of an admission as possible, including putting in important orders and communicating with nurses.
- Refine your systems for organization and efficiency. If something about your workflow isn't serving you, try to recognize it and talk with others who may have a more effective system.

## *Attitudes*

- Be on the lookout for teaching opportunities in attending rounds and be more responsible for medical student education.
- Be open to forming relationships with colleagues in the program.
- Practice mindfulness and gratitude.
- Be willing to seek help at any time for any reason.
- Understand that regardless of COVID, note-writing duties, and any other barriers, there is nothing more important than direct patient contact and interaction.
- Understand the need for balance and being able to take care of your physical, mental, and emotional health so that can care for others.

I hope you find this useful! I'm available to chat at any point.

Chris

Christopher Sankey, MD

Associate Program Director, Traditional Internal Medicine Residency Program

Associate Professor of Medicine (General Medicine)

Yale School of Medicine

Yale New Haven Health System

[christopher.sankey@yale.edu](mailto:christopher.sankey@yale.edu)