AAHPM Career Fair Webinar

Co-sponsored by the Academy’s Early Career Professionals SIG

Friday, January 25th 2019
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AAHPM Career Fair Webinar
Friday, January 25th 2019
Current Professional Roles

- Health Services Researcher: PI, mentor, co-investigator, NIH Study Section reviewer
- Contributor on national policy and research committees
- Member of committees within AAHPM and AGS
- Communication skills training: VitalTalk and local courses
- Inpatient palliative care consultant at large academic medical center, 4-6 weeks per year
- Occasional precepting in outpatient Palliative Care and Geriatrics clinic
Journey to my current role . . .

• Completed Internal Medicine Residency and 2-year Geriatrics Fellowship
• Health Services Research Fellowship with Masters degree and Clinical Instructor role
• Applied for first big grant at same time as looking for first job and considered research mentorship heavily
• Pursued Palliative Medicine certification through experiential pathway.
• Dual career household has influenced location
My current life . . .

What is a typical day?! Here are 4 flavors:

• **Clinical service**: usually PC hospital consults
• **Travel**: meetings and conferences
• **Meeting-heavy days**: research team(s), mentees, committees, conference calls
• **Writing-heavy days**: papers, grants, presentations; editing and reviews

All the non-work stuff...
Sonia Malhotra, MD, MS, FAAP
Director, Palliative Medicine & Supportive Care
University Medical Center New Orleans (UMCNO)
Assistant Professor of Medicine & Pediatrics
Tulane University School of Medicine
Clinical Assistant Professor of Medicine & Pediatrics
Louisiana State University School of Medicine
Senior Lecturer
Ochsner Clinical School at the Univ of Queensland
Current Professional Roles

• Director of Palliative Medicine & Supportive Care at UMCNO
  – Academic, safety net medical center for Tulane & LSU Trainees
  – Level 1 Trauma Center

• Clinical: Inpatient & Outpatient Palliative Medicine

• Education:
  – Faculty Director, Palliative Medicine Pathway
  – Site Director, Palliative Medicine Fellowship

• Research:
  – AAHPM Hearst Scholar

• Committees:
  – Chair, Opioid Analgesia Management
  – Louisiana State-wide Palliative Medicine Summit Planning Committee

• Other:
  – Past Chair, AAHPM Early Career Professionals’ Special Interest Group
  – Adjunct Faculty in Medical Ethics & Human Values
  – New Orleans Regional Leadership Institute (NORLI)
Journey to my current role . . .

• **Medical School:** Shadowed at a hospice
• **Residency:** Developed curriculum in Pediatric Palliative Care
• **Fellowship:** University of Pittsburgh
  – Combined Adult & Pediatric Palliative Medicine
  – Master’s in Medical Education during Fellowship
  – National project on Pediatric Palliative Care education & training
• **First Job:** Medical Director of an established Palliative Medicine program for a private, non-profit hospital
• **Second Job:** Developed a Palliative Medicine program at a large academic medical center
• **Important Job Factors:**
  – Ability to develop & lead growth
  – Flexibility to incorporate Education, Research & Administrative roles
My current life . . .

• **Day-to-Day . . .**
  – Pre-rounding with inpatient clinical team & rounding on inpatients
  – Afternoon clinics weekly & twice weekly
  – Weekly Multidisciplinary Team meeting
  – Teaching responsibilities & administrative meetings interspersed during clinical time
  – Off service weeks: Heavily weighted towards Administrative & Research work

• **Important Daily Points:**
  – **SPENDING TIME WITH FAMILY & FRIENDS!!!
  – E-Calendars
  – Time to organize, decompress
  – Keeping in touch with peer & senior colleagues
  – **SPENDING TIME WITH FAMILY & FRIENDS!!!**
What I have learned...thus far...

• You can’t please everyone, don’t try to!
• Be genuine to yourself, trust your gut instinct
• Life is about a work-life rhythm
  – Balance implies work & life are weighted perfectly
    • It is okay if one takes priority over the other!
• Professionalism & Humility take people far
• Leadership is a skill that can be learned
Career Path

- Exposure to palliative care as a medical student (MCW) and as a resident (KUMC)
- Poster presentation at Annual Assembly 2014 thanks to encouragement from mentors
- Presence of dualist physicians (Palliative Medicine and Hospitalist) at residency program
- Fellowship (Stanford) – Mix of busy inpatient consult service, Large VA Hospice Unit
Job Search

- Looked for a dual, inpatient-only role
- Preferred academic institution with established HPM program for support from senior faculty, mentorship, etc.
- Wanted opportunity for teaching – both Undergraduate and Graduate medical education
- Needed a location with acceptable professional opportunities for spouse (physician)
Day-to-day / Week-to-week

- Academic (0.25) vs Clinical (0.75) time
- 60/40 clinical split
- Teaching – Didactic vs Supervision
- Projects, Committees
Challenges

- 0.25 FTE + 0.45 FTE + 0.3 FTE = >1.0 FTE?
- Schedule coordination
- Primary Appointment – *i.e.* where’s my office, who’s my administrative assistant, what’s on my business card?
- Fulfilling non-clinical expectations – setting boundaries, justifying your role
- Married to a physician, New parent
Holly Yang, MD MSHPEd HMDC FACP FAAHPM
Co-Director, UCSD/Scripps Health
HPM Fellowship Program
Current Professional Roles

• Co-Director of shared UCSD/Scripps Health HPM fellowship
• Inpatient palliative care consultant and outpatient PC clinic physician
• Incoming secretary on AAHPM Board of Directors (BOD), currently on the board
• AAHPM BOD liaison to the Hospice Medical Director Certification Board
• Member of ACGME Reporting Milestones group
Current Professional Roles

• Secretary of San Diego County Medical Society
• Chair of the Council of Membership, Governance and Bylaws for the California Medical Association (CMA)
• Alternate delegate to the AMA from CMA
• Vitaltalk Partner
• Faculty at Upaya’s Being with Dying
• Returning Scholar for Harvard Macy courses
Journey to my current role . . .

• Went on an HPM interest day in med school and then a PC rotation
• Felt lack of PC in residency, and did an away rotation and attended AAHPM meetings
• Did fellowship at San Diego Hospice with optional 2nd year
• Being around the best educators and finding a best “fit” was most important
Journey to my current role . . .

• Interviewed after fellowship, and decided to stay at SDHIPM (2007-2013)
  – Mentorship and community
  – Teaching including international work
  – Variety of HPM care

• Scripps Health (2013 on)
  – Fellowship co-director
  – Hospice, inpatient PC, outpatient PC including at home, depending on the year
My current life . . .

- Day-to-Day . . .
  - Varies depending on the day, which I prefer
  - Full time vs. part time

- Community, nature (surf, garden, outdoors), family, spirituality, and sense of purpose sustain me

- My core purpose in HPM is to care for patients and grow the field
More from AAHPM . . .

• Assembly 2019 (March 13-16) in Orlando!
  – Fri, March 15th @ 1:30pm – ECP SIG-endorsed session on boundaries in palliative care (FR438)
  – Fri, March 15th @ 5:45pm – ECP SIG meeting

• Free membership for medical students/residents!

• Mentor Match

• Continue the conversation:
  – AAHPM Connect
  – Twitter
Thank You!

Panelists

- Dr. Amy Kelley  
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- Dr. Holly Yang  
  holly@pallmed.us
- Dr. Paul Stellmacher  
  pstellmacher@mcw.edu
- Dr. Sonia Malhotra  
  soniam74@yahoo.com

Moderator

- Dr. Chris Lawton  
  christopherwlawton@gmail.com