

# A Day in the Life of a Fellow



**Aamani Chava, MD – 2<sup>nd</sup> Year Fellow**

The start of my mornings always begins with snoozing my alarm twice before actually getting out of bed. Though I have tried endlessly throughout med school as well as residency to become a 'morning person', I am beginning to accept that I am a 'night owl' and that is absolutely okay. My day begins with turning the kettle on for my morning tea as I get ready, hurriedly toasting an Eggo waffle, and running out the door. I settle in the car at approximately 7am for my drive to CVPH which is located in Plattsburgh, NY where we do our inpatient child and adolescent psychiatry rotation. I find the drive to be soothing as I take this time to listen to music (usually a musical soundtrack - Hamilton, Wicked) or a podcast (Crime Junkie!). The drive itself is beautiful as I get to drive through Grand Isle which is nestled between lush green fields and blue (sometimes icy!) Lake Champlain. Part of the drive also involves riding the ferry which is a great opportunity to stretch my legs and breathe in some fresh air. Once I arrive at CVPH, I greet our team and the patients before settling in to review patient charts for a few minutes. Rounds begin promptly at 8:30am with the treatment team with an overview of the events that transpired the day prior and then we meet with our patients. The morning usually zooms (pre-Corona zoom!) with patient follow-ups, assessments, family meetings, etc. I've never been one to meal prep so I usually grab my lunch at the cafe and catch up with colleagues. This is then followed by an afternoon of charting patient notes, following up with patients' families and providers, meeting with my patients one-on-one, and any pending inpatient admissions. Throughout the course of the day, I check in periodically with my supervising attending to staff cases, follow up with questions, and discuss treatment modalities. Then, around 5pm, I set forth on my beautiful drive back to Burlington just in time to catch the sunset over the lake. Upon arriving home, I take this time to unwind by cooking dinner (or ordering takeout, there are so many great restaurants in Burlington) and catching up with my friends and family. I spend my evenings painting, watching an episode or two on Netflix or Hulu, or curling up with a good book. Then, off to bed to start another day!



**Kristina Foreman, MD – 2<sup>nd</sup> Year Fellow**

I love my rotation at the Northeastern Family Institute (NFI) hospital diversion program where morning rounds do not start until 9 am, so I can spend some time each morning filling my own cup before starting to fill others. I like to wake up with plenty of time to make tea and read for about 20 minutes each morning. While the tea steeps, I do a quick 4 minute guided progressive muscle relaxation. Before heading to NFI, I also try to fit in some board studying. NFI is about 10 minutes away from the main hospital and along the drive there are gorgeous vistas and views of Lake Champlain and the mountains. Once I get to NFI, I check the white board for new patients and check in with the staff and clinicians about the patients I am following. We all gather at 9 am to review the patients and talk about their clinical presentation, treatment and what extra aftercare we can put in place. I value the chance to learn from seasoned clinicians and to see how they approach patient care and meetings. After rounds, I typically spend some time chart reviewing before interviewing new patients or sitting in on family meetings, team meetings or discharge meetings. I enjoy the chance to learn about conducting meetings and getting a sense of the depth and breadth of outpatient resources available in Vermont. Sometimes, I also sit in on treatment groups that are led during the day and like having a chance to interact with patients in this setting. I appreciate that NFI values therapeutic interventions and that it takes a family based approach to patient care. Parents are kept in the loop about all decisions and support for the whole family is highlighted. My work day ends around 4:00-4:30 pm and I try to get to a spin class on my way home or enjoy some extra time at home in the evenings to cook dinner, go to a yoga class, read or watch TV.



**Erica Marden, MD – 2<sup>nd</sup> Year Fellow**

I love to start my day with a few minutes of relaxation- drinking coffee and reading on my Kindle. Then I try to get in a quick 15 minute workout before getting ready for work. I tend to check my email and work on some of my research projects for about an hour at home while I eat breakfast before heading over to the hospital at 8:50am. I have a quick 5 minute commute and if I sleep in or have an early meeting I'll get coffee and breakfast from one of the great cafes in the hospital. We get money to use for meals each year and the hospital food is fresh, healthy, cheap and delicious! For our child psychiatry and psychology consult service we get included in emails each morning which notify us about any new children with psychiatric concerns in the emergency department or any new consultations from the inpatient pediatric service. I spend time reviewing the medical charts and then see the new consults. Depending on where the patient is, in the ED versus the inpatient pediatrics unit, I'll collaborate with our local crisis clinicians, pediatric residents, child life specialists, nurses and social workers to develop recommendations. Families are at the center of everything we do and so our consults involve the child as well as their parents or other important family. I then discuss the case with my supervisors and we meet with the child and family all together to discuss our recommendations and determine how we can help with their identified concern as well as health promotion efforts. I have lunch at one of the hospital cafes before heading across UVM's campus, a 5 minute drive, to our outpatient building. Then for the afternoon I see a new patient for an initial outpatient intake appointment followed by outpatients for follow-up visits and psychotherapy. At 5pm I work on my notes and enjoy the view of Lake Champlain and the NY Adirondack Mountains from my office before finishing up for the day around 6pm. I cherish my quick commute home and then pick up takeout (Burlington has so many wonderful restaurants) or make dinner with my husband. We love to relax by watching a favorite show on Netflix and then I tend to go to an evening yoga class, practice mindfulness or head to the gym. During the summer I enjoy walking outside along the waterfront and watching the beautiful sunsets. I always finish my day with some chocolate before going to bed.