

# Personal Statement

## Emergency Medicine

*First Choice*, a 47-foot sailboat that completed an 11-year voyage around the world caught my eye. Although the 25-year-old sturdy vessel showed signs of the journey, it was in no way antiquated. Even updated with the latest technological advances, the captain still needed to know how to operate the sailboat, how to predict weather and sea patterns, and what to do if the mast broke or the boat ran aground in order to complete his journey. He needed to communicate clearly with his crew, other vessels and harbourmasters at distant ports. Tossed into new situations that would challenge him and provide new experiences, this captain had to be prepared for any adventure. Much like sailing, emergency medicine has drawn me in with its exposure to vast conditions, dynamic environment that demands adaptability, its atmosphere of teamwork, and its exciting emergent cases.

Emergency medicine has been at the foredeck of career choices throughout my education. Although initially unsure of the responsibilities and pressures of the profession, I have plunged into situations that embraced it and exposed me to it. This include volunteering at the medical tent for bike races where dislocations, road rash, and hyponatremia were treated and also being president of TCOM's Emergency Medicine Club organizing procedure clinics and luncheons with physicians. During my schooling, I shadowed physicians in the emergency room, attended journal clubs and symposiums so that I could see how the profession operates in large and small scales. I choose emergency medicine as an elective for my first rotation during my third year. I knew that I was interested in it and I wanted a baseline early on to test and compare it to other specialties as possible career options. Pediatrics, obstetrics and family medicine have allowed me to work with a full spectrum of patient populations. I find I connect quickly with those I serve and enjoy face-to-face contact. Performing procedures during surgery to diagnose and stabilize patients while working as a team to get the job done was also a gratifying experience. Emergency medicine is a hybrid of those rotations incorporating aspects and knowledge from each specialty at the pace and intensity that fits my active and outgoing personality.

Leadership is a vital foundation to any crew or team and is an important factor for the residency program that I choose. The emergency physician not only has to communicate to his patients in acute circumstances, but to his team of emergency staff and other physicians in the hospital, coordinating the care for the patient while receiving feedback from all of those around him. Confidence, communication, and management are areas that I want my training to emphasize. In addition, I would like to be in a program that provides ample opportunity with highly trained staff in state of the art technology such as ultrasound for the diagnosis of various acute conditions.

The sense of adventure of traveling the world and going to remote places also plays a role in how I desire to practice medicine. As I serve in the Air Force I look forward to opportunities where I can treat emergent conditions on servicemen who are injured during deployment. In addition, I would like to focus on global medicine giving medical aid to people in need both in domestic and foreign places. Furthermore, I want to explore wilderness medicine where I can utilize my skills in my hobbies such as rock climbing backpacking, and mountain biking. Once I have mastered the elements of this career field, I wish to pass on the valuable knowledge that I have learned to young eager residents.

*First Choice* was not a luxurious yacht, yet, it was an attractive seaworthy vessel. The skilled captain who sailed it gained a wealth of knowledge and experience as he navigated the seas throughout the world. I look forward to the opportunities that I will have as I take the helm of emergency medicine, weather stormy and smooth waters, and accumulate valuable skills and wisdom. These experiences will allow me to look back after a life long career in emergency medicine showing that it was the *right choice*.