WEBVTT

NOTE duration:"00:06:06" NOTE recognizability:0.854

NOTE language:en-us

NOTE Confidence: 0.877953725714286

 $00:00:08.060 \longrightarrow 00:00:10.076$ I did my residency at Yale and

NOTE Confidence: 0.877953725714286

 $00:00:10.076 \longrightarrow 00:00:12.377$ I knew that I loved the program.

NOTE Confidence: 0.877953725714286

 $00:00:12.380 \dashrightarrow 00:00:15.350$ I loved the people. I I knew that I

NOTE Confidence: 0.877953725714286

 $00:00:15.350 \longrightarrow 00:00:18.398$ wanted to stay at a program that was

NOTE Confidence: 0.877953725714286

 $00:00:18.398 \longrightarrow 00:00:21.402$ more neuro focused as opposed to more

NOTE Confidence: 0.877953725714286

 $00{:}00{:}21.402 \dashrightarrow 00{:}00{:}24.090$ critical care focused with some neuro.

NOTE Confidence: 0.877953725714286

 $00:00:24.090 \longrightarrow 00:00:27.582$ And Yale is one of those types of programs.

NOTE Confidence: 0.877953725714286

 $00:00:27.590 \longrightarrow 00:00:31.470$ I knew that the program is one that

NOTE Confidence: 0.877953725714286

00:00:31.470 --> 00:00:34.099 is always trying to improve on itself.

NOTE Confidence: 0.877953725714286

 $00:00:34.100 \longrightarrow 00:00:37.462$ Every year there are some major improvement,

NOTE Confidence: 0.877953725714286

 $00{:}00{:}37.462 \dashrightarrow 00{:}00{:}39.628$ usually based on or often based

NOTE Confidence: 0.877953725714286

00:00:39.628 --> 00:00:41.400 on feedback from the fellows.

NOTE Confidence: 0.877953725714286

 $00:00:41.400 \longrightarrow 00:00:43.440$ And I really liked that aspect.

 $00:00:43.440 \longrightarrow 00:00:45.728$ I also love that.

NOTE Confidence: 0.852079449090909

 $00{:}00{:}47.990 \dashrightarrow 00{:}00{:}49.355$ There's the opportunity to work

NOTE Confidence: 0.852079449090909

 $00:00:49.355 \longrightarrow 00:00:51.070$ with these giants in the field.

NOTE Confidence: 0.852079449090909

 $00:00:51.070 \longrightarrow 00:00:52.890$ People that are brilliant that are amazing.

NOTE Confidence: 0.852079449090909

 $00:00:52.890 \longrightarrow 00:00:54.258$ Clinicians, world renowned researchers

NOTE Confidence: 0.852079449090909

00:00:54.258 --> 00:00:56.934 but yet everybody is on a first name

NOTE Confidence: 0.852079449090909

 $00:00:56.934 \longrightarrow 00:00:58.915$ basis and you can text anybody anytime

NOTE Confidence: 0.852079449090909

00:00:58.915 --> 00:01:00.808 you vice chair of the department,

NOTE Confidence: 0.852079449090909

 $00:01:00.810 \longrightarrow 00:01:02.810$ the division chief of Nikku or any other

NOTE Confidence: 0.852079449090909

 $00:01:02.810 \longrightarrow 00:01:04.180$ subdivision and just ask for their

NOTE Confidence: 0.852079449090909

 $00{:}01{:}04.180 \dashrightarrow 00{:}01{:}05.701$ opinion at any time and and they're

NOTE Confidence: 0.852079449090909

 $00:01:05.701 \longrightarrow 00:01:07.605$ more than willing to just chat with you.

NOTE Confidence: 0.852079449090909

 $00:01:07.610 \longrightarrow 00:01:11.183$ So it it sort of checked all my boxes

NOTE Confidence: 0.852079449090909

 $00:01:11.183 \longrightarrow 00:01:14.178$ and was the best of kind of all worlds.

NOTE Confidence: 0.5685890175

00:01:14.190 --> 00:01:15.738 It's very balanced curriculum

NOTE Confidence: 0.5685890175

00:01:15.738 --> 00:01:17.286 for fellows you got.

 $00:01:17.290 \longrightarrow 00:01:20.034$ As to all the major technologies and

NOTE Confidence: 0.5685890175

 $00:01:20.034 \longrightarrow 00:01:22.850$ your ICU, but then you also develop

NOTE Confidence: 0.5685890175

00:01:22.850 --> 00:01:24.880 a very solid clinical background,

NOTE Confidence: 0.5685890175

 $00:01:24.880 \longrightarrow 00:01:28.226$ and I also like that there are.

NOTE Confidence: 0.5685890175

 $00{:}01{:}28.230 \dashrightarrow 00{:}01{:}29.795$ But you know, large diversity

NOTE Confidence: 0.5685890175

 $00{:}01{:}29.795 \dashrightarrow 00{:}01{:}31.360$ of attendings from all different

NOTE Confidence: 0.5685890175

00:01:31.418 --> 00:01:32.782 perspectives who have trained

NOTE Confidence: 0.5685890175

 $00:01:32.782 \longrightarrow 00:01:34.146$ in all different places.

NOTE Confidence: 0.966418934285714

 $00:01:35.710 \longrightarrow 00:01:37.950$ Actually, there are a lot of reasons.

NOTE Confidence: 0.966418934285714

 $00:01:37.950 \longrightarrow 00:01:39.565$ I thought the yellow would

NOTE Confidence: 0.966418934285714

 $00{:}01{:}39.565 \dashrightarrow 00{:}01{:}41.440$ be the best program for me.

NOTE Confidence: 0.966418934285714

 $00:01:41.440 \longrightarrow 00:01:44.488$ Yeah, it's a really well rounded

NOTE Confidence: 0.966418934285714

 $00{:}01{:}44.488 \dashrightarrow 00{:}01{:}47.070$ and covering every aspect of

NOTE Confidence: 0.966418934285714

 $00:01:47.070 \longrightarrow 00:01:48.880$ the critical care. I chose

NOTE Confidence: 0.866239565

 $00:01:48.890 \longrightarrow 00:01:51.193$ Yale for fellowship because it was where

00:01:51.193 --> 00:01:54.089 I had made my home over the course

NOTE Confidence: 0.866239565

 $00:01:54.089 \longrightarrow 00:01:55.929$ of residency and chief residency.

NOTE Confidence: 0.866239565

00:01:55.930 --> 00:01:57.955 I'd grown to appreciate my

NOTE Confidence: 0.866239565

 $00:01:57.955 \longrightarrow 00:01:59.575$ relationships with people there

NOTE Confidence: 0.866239565

 $00:01:59.575 \longrightarrow 00:02:01.810$ and enjoy my life in New Haven.

NOTE Confidence: 0.866239565

00:02:01.810 --> 00:02:03.903 I'd had a sneak preview of the

NOTE Confidence: 0.866239565

 $00:02:03.903 \longrightarrow 00:02:05.760$ neuro ICU and it's at Yale.

NOTE Confidence: 0.866239565

 $00:02:05.760 \longrightarrow 00:02:08.048$ That I decided on this career path so

NOTE Confidence: 0.866239565

 $00{:}02{:}08.048 \dashrightarrow 00{:}02{:}10.348$ it just felt natural to go for it.

NOTE Confidence: 0.866239565

 $00:02:10.350 \longrightarrow 00:02:12.065$ Exactly where my interests have

NOTE Confidence: 0.866239565

00:02:12.065 --> 00:02:14.210 been captured in the 1st place,

NOTE Confidence: 0.866239565

 $00:02:14.210 \longrightarrow 00:02:17.026$ I knew that at Yale I would see

NOTE Confidence: 0.866239565

 $00:02:17.026 \longrightarrow 00:02:18.951$ everything learn from incredible

NOTE Confidence: 0.866239565

 $00:02:18.951 \longrightarrow 00:02:21.247$ people from across disciplines.

NOTE Confidence: 0.866239565

 $00:02:21.250 \longrightarrow 00:02:23.230$ And of course I don't need to tell you.

NOTE Confidence: 0.866239565

 $00:02:23.230 \longrightarrow 00:02:25.526$ Yale has a reputation, it's a good one.

00:02:25.530 --> 00:02:27.906 So training at Yale comes with the long

NOTE Confidence: 0.866239565

 $00:02:27.906 \longrightarrow 00:02:30.109$ term benefit of that stamp of solidness.

NOTE Confidence: 0.866239565

 $00:02:30.110 \longrightarrow 00:02:31.470$ Wherever you go afterwards.

NOTE Confidence: 0.893403742

00:02:35.630 --> 00:02:37.490 I felt very well prepared.

NOTE Confidence: 0.893403742

 $00:02:37.490 \longrightarrow 00:02:38.582$ Nothing surprised me.

NOTE Confidence: 0.893403742

 $00:02:38.582 \longrightarrow 00:02:40.766$ The first year I didn't really

NOTE Confidence: 0.893403742

 $00:02:40.766 \longrightarrow 00:02:42.711$ see anything that I hadn't

NOTE Confidence: 0.893403742

 $00:02:42.711 \longrightarrow 00:02:44.139$ seen before. As a fellow,

NOTE Confidence: 0.876267040952381

 $00:02:44.450 \longrightarrow 00:02:46.550$ my fellowship gave me a great foundation

NOTE Confidence: 0.876267040952381

 $00{:}02{:}46.550 \dashrightarrow 00{:}02{:}48.806$ and all the tools I needed to find

NOTE Confidence: 0.876267040952381

 $00:02:48.806 \longrightarrow 00:02:50.860$ my way through any new experiences.

NOTE Confidence: 0.78168047125

 $00:02:51.170 \longrightarrow 00:02:53.588$ I really realized every day how

NOTE Confidence: 0.78168047125

 $00:02:53.588 \longrightarrow 00:02:56.517$ well I was trained as a neuro

NOTE Confidence: 0.78168047125

 $00:02:56.517 \longrightarrow 00:02:58.161$ intensivist at Yale Fellows

NOTE Confidence: 0.78168047125

 $00:02:58.161 \longrightarrow 00:03:00.847$ are going to be in many cases.

00:03:00.850 --> 00:03:02.187 Of course you are going to staff

NOTE Confidence: 0.78168047125

 $00:03:02.187 \longrightarrow 00:03:03.810$ a patient, so we are attending,

NOTE Confidence: 0.78168047125

 $00:03:03.810 \longrightarrow 00:03:06.060$ but you have a lot of. Anatomy.

NOTE Confidence: 0.865733944

 $00:03:10.220 \longrightarrow 00:03:11.402$ So when I realized that there

NOTE Confidence: 0.865733944

00:03:11.402 --> 00:03:12.863 was sort of a burgeoning field

NOTE Confidence: 0.865733944

 $00:03:12.863 \longrightarrow 00:03:15.108$ of critical care, EG it seemed.

NOTE Confidence: 0.91111748

00:03:17.170 --> 00:03:18.902 Like an amazing opportunity

NOTE Confidence: 0.91111748

 $00:03:18.902 \longrightarrow 00:03:22.219$ for me to sort of meld my two

NOTE Confidence: 0.91111748

 $00:03:22.219 \longrightarrow 00:03:24.900$ interests and sort of be able to.

NOTE Confidence: 0.91111748

 $00:03:24.900 \longrightarrow 00:03:26.280$ Have that bit of epilepsy

NOTE Confidence: 0.91111748

 $00{:}03{:}26.280 --> 00{:}03{:}27.660$ and EEG that I love,

NOTE Confidence: 0.91111748

 $00:03:27.660 \longrightarrow 00:03:29.256$ but still be able to practice

NOTE Confidence: 0.91111748

00:03:29.256 --> 00:03:31.338 in the NICU with the high acuity

NOTE Confidence: 0.91111748

 $00{:}03{:}31.338 \dashrightarrow 00{:}03{:}33.246$ patients and it was just an

NOTE Confidence: 0.91111748

00:03:33.246 --> 00:03:34.729 opportunity I couldn't pass up.

NOTE Confidence: 0.5561967

 $00{:}03{:}38.750 \dashrightarrow 00{:}03{:}41.258$ I left fellowship with so

 $00:03:41.258 \longrightarrow 00:03:43.006$ many memories that changed

NOTE Confidence: 0.948586178

 $00:03:43.010 \longrightarrow 00:03:44.810$ me and will be with me forever.

NOTE Confidence: 0.851981153333333

00:03:45.700 --> 00:03:48.252 I think for me the most memorable thing

NOTE Confidence: 0.851981153333333

 $00:03:48.252 \longrightarrow 00:03:50.750$ was really the camaraderie with the AP.

NOTE Confidence: 0.790965144

 $00:03:52.330 \longrightarrow 00:03:53.590$ Our food all the time

NOTE Confidence: 0.89996815

 $00:03:53.600 \longrightarrow 00:03:55.672$ when you take care of so many patients

NOTE Confidence: 0.89996815

 $00:03:55.672 \longrightarrow 00:03:57.907$ that are so sick and such a variety

NOTE Confidence: 0.89996815

00:03:57.907 --> 00:04:00.860 of diagnosis, there are a lot of.

NOTE Confidence: 0.89996815

 $00:04:00.860 \longrightarrow 00:04:02.225$ A lot of patients that

NOTE Confidence: 0.89996815

00:04:02.225 --> 00:04:03.590 stick out in your mind.

NOTE Confidence: 0.89996815

 $00:04:03.590 \longrightarrow 00:04:06.200$ I think the the one that sticks out the

NOTE Confidence: 0.89996815

 $00:04:06.200 \longrightarrow 00:04:08.378$ most to me though is it was actually

NOTE Confidence: 0.89996815

 $00{:}04{:}08.378 \dashrightarrow 00{:}04{:}10.770$ not so much the patient but their family.

NOTE Confidence: 0.89996815

 $00:04:10.770 \longrightarrow 00:04:13.530$ It was the first time as it was an older

NOTE Confidence: 0.89996815

00:04:13.607 --> 00:04:16.267 gentleman he came in with a pretty

00:04:16.267 --> 00:04:18.450 terrible brain bleed unfortunately.

NOTE Confidence: 0.89996815

 $00:04:18.450 \longrightarrow 00:04:21.327$ But the interaction with the family and

NOTE Confidence: 0.89996815

 $00:04:21.327 \longrightarrow 00:04:24.727$ sort of helping them through the process of.

NOTE Confidence: 0.89996815

00:04:24.730 --> 00:04:26.977 Having a loved one who's critically ill

NOTE Confidence: 0.89996815

00:04:26.977 --> 00:04:29.341 and and who's really not getting better

NOTE Confidence: 0.89996815

 $00:04:29.341 \longrightarrow 00:04:31.790$ and sort of going through the decision

NOTE Confidence: 0.89996815

 $00:04:31.790 \longrightarrow 00:04:34.076$ making process about goals of care.

NOTE Confidence: 0.89996815

 $00:04:34.080 \longrightarrow 00:04:35.320$ I just for whatever reason,

NOTE Confidence: 0.89996815

00:04:35.320 --> 00:04:36.916 I just really connected with this family.

NOTE Confidence: 0.89996815

 $00:04:36.920 \longrightarrow 00:04:39.576$ I saw myself and my family in them

NOTE Confidence: 0.89996815

 $00{:}04{:}39.576 \dashrightarrow 00{:}04{:}42.448$ and it was the first family that I

NOTE Confidence: 0.89996815

 $00:04:42.448 \longrightarrow 00:04:45.020$ gave my personal cell phone to it.

NOTE Confidence: 0.89996815

00:04:45.020 --> 00:04:46.876 Sort of helped remind me in in those

NOTE Confidence: 0.89996815

00:04:46.876 --> 00:04:48.087 moments where patients aren't going

NOTE Confidence: 0.89996815

 $00:04:48.087 \longrightarrow 00:04:50.188$ to do well and it's gets you down that

NOTE Confidence: 0.89996815

00:04:50.188 --> 00:04:51.892 you know you still can make a really

 $00:04:51.900 \longrightarrow 00:04:53.461$ big difference for the families who do

NOTE Confidence: 0.89996815

 $00{:}04{:}53.461 \dashrightarrow 00{:}04{:}55.453$ go on and and really need somebody to

NOTE Confidence: 0.89996815

 $00:04:55.453 \longrightarrow 00:04:57.340$ help them through the those tough times.

NOTE Confidence: 0.89996815

00:04:57.340 --> 00:04:59.780 And so even though it wasn't a great,

NOTE Confidence: 0.89996815

00:04:59.780 --> 00:05:00.200 happy,

NOTE Confidence: 0.89996815

00:05:00.200 --> 00:05:02.720 uplifting story or an uplifting outcome,

NOTE Confidence: 0.89996815

 $00:05:02.720 \longrightarrow 00:05:03.522$ it's still.

NOTE Confidence: 0.89996815

 $00:05:03.522 \longrightarrow 00:05:05.527$ Was an inspiration for me.

NOTE Confidence: 0.836114955454545

 $00{:}05{:}09.830 \dashrightarrow 00{:}05{:}11.549$ I'm really going to miss it that I when

NOTE Confidence: 0.836114955454545

00:05:11.549 --> 00:05:14.240 I leave, I think you know there's.

NOTE Confidence: 0.836114955454545

 $00:05:14.240 \longrightarrow 00:05:15.390$ There's a lot of great

NOTE Confidence: 0.836114955454545

 $00:05:15.390 \longrightarrow 00:05:16.080$ institutions out there.

NOTE Confidence: 0.836114955454545

 $00{:}05{:}16.080 \dashrightarrow 00{:}05{:}17.690$ I'm really excited to kind of go

NOTE Confidence: 0.836114955454545

 $00:05:17.690 \longrightarrow 00:05:19.523$ out into the world and finally

NOTE Confidence: 0.836114955454545

 $00:05:19.523 \longrightarrow 00:05:20.878$ be an attending and practice

 $00:05:20.878 \longrightarrow 00:05:22.080$ in different places.

NOTE Confidence: 0.836114955454545

 $00{:}05{:}22.080 \dashrightarrow 00{:}05{:}23.256$ But there's not going to be

NOTE Confidence: 0.836114955454545

 $00:05:23.256 \longrightarrow 00:05:24.040$ anywhere that's quite like.

NOTE Confidence: 0.836114955454545 00:05:24.040 --> 00:05:24.470 You know, NOTE Confidence: 0.910300168333333

 $00:05:24.580 \longrightarrow 00:05:26.488$ you can make your own path.

NOTE Confidence: 0.910300168333333

 $00:05:26.490 \longrightarrow 00:05:28.890$ I think there are so many

NOTE Confidence: 0.910300168333333

 $00{:}05{:}28.890 \dashrightarrow 00{:}05{:}31.196$ electives that I did a lot of Miku

NOTE Confidence: 0.910300168333333

 $00:05:31.196 \longrightarrow 00:05:33.737$ and I did a lot of EG as well.

NOTE Confidence: 0.910300168333333

 $00:05:33.740 \longrightarrow 00:05:38.500$ And I even took. A week or two

NOTE Confidence: 0.910300168333333

 $00:05:38.500 \longrightarrow 00:05:40.420$ to learn how to do bronchoscopy.

NOTE Confidence: 0.910300168333333

 $00{:}05{:}40.420 \dashrightarrow 00{:}05{:}42.596$ So I think I would say you can

NOTE Confidence: 0.910300168333333

 $00:05:42.596 \longrightarrow 00:05:44.260$ actually turn it into whatever.

NOTE Confidence: 0.910300168333333

 $00{:}05{:}44.260 \dashrightarrow 00{:}05{:}45.964$ Like you can turn the fellowship

NOTE Confidence: 0.910300168333333

 $00:05:45.964 \longrightarrow 00:05:47.620$ into whatever you want it to be.

NOTE Confidence: 0.833318525833333

 $00:05:47.730 \longrightarrow 00:05:49.490$ Goal where the opportunities and

NOTE Confidence: 0.833318525833333

 $00:05:49.490 \longrightarrow 00:05:51.930$ resources exist and then don't waste them,

 $00:05:52.000 \longrightarrow 00:05:54.538$ you are going to be super

NOTE Confidence: 0.683456258

 $00{:}05{:}54.538 \dashrightarrow 00{:}05{:}56.230$ strong neuro intensive based.

NOTE Confidence: 0.683456258

00:05:56.230 --> 00:05:59.135 Please be who is going to be

NOTE Confidence: 0.683456258

00:05:59.135 --> 00:06:03.390 confident on anything and.

NOTE Confidence: 0.683456258

 $00:06:03.390 \dashrightarrow 00:06:05.998$ Yeah, so you have to come to Yale.