Transition Opportunities and Challenges

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Medical School Residency

"GENIE, YOU'RE FREE."
- ALADDIN (1992)

Now what?
Discussion Items

• Starting your practice
  • What type of practice are you looking for?
  • Relocating
  • Building relationships
• Becoming a community leader
  • Local
  • State
  • National
• Clinical time management
Starting Your Practice

• Relocating?
• Professional:
  – Licensing
    • Keep all of your paperwork organized and easily accessible
    • Medical license, BNDD, DEA, a copy of your med school diploma
  – Credentialing
  – Get everything in writing.
    • Have an attorney view your contract.
    • Know your non-compete clause or other restrictions.
• Personal:
  – Driver’s license
  – License plates
  – Housing
  – School/childcare
  – Your personal physician, dentist, vet, etc
Starting Your Practice

It’s all about building relationships...

• Get to know your partners and staff
  • What is the group dynamic?
  • How do you fit in? What are your responsibilities?
  • What are current office policies: late/no shows, narcotic prescribing, discharging patients

• Meet your consulting physicians and support staff
  • Keep your business cards on you
  • What are the referral preferences for different groups?

• Marketing/Community engagement
  • Community educational presentations
  • Health fairs
  • School demonstrations
  • Local news/radio segments
  • Local magazine/paper articles
Community Leadership

• Opportunities to be a leader in your community are everywhere!

• Your local academy (SLAFP for St. Louis)
  • Networking/mentoring events
  • Community service/volunteering opportunities

• Your state academy MAFP
  • CME
  • Networking

• Your national academy AAFP
  • CME
  • National resources
  • Networking
Community Leadership

• Local University and Medical School
  – Shadowing
  – Student clerkships
  – Residency rotations
  – Volunteer lectures/Grand Rounds
  – Free clinics

• Community engagement
  – Local events: marathons, sporting events
  – Community lectures
  – Teach community exercise/nutrition courses
Clinical Time Management

• Patient schedule structure
  • New patients vs established patients
  • Same day sick availability
  • Know your EHR
    • Document as much as you can in the room
    • Close every chart at the end of the day
• Delegating tasks
  • Know the strengths of your staff
  • Training
• Designate time for paperwork
  • Prioritize
  • Have an organizational system
  • Examples
Extra Reading
For Personal and Professional Development

• There’s Not Enough Time and Other Lies We Tell Ourselves by Jill Farmer

• I Know How She Does It by Laura Vanderkam

• Lean In by Sheryl Sandberg

• The Power of Habit by Charles Duhigg

• If Disney Ran Your Hospital by Fred Lee