

## How to be a good senior Spoiler alert: it's hard and takes practice!

What does your *3<sup>rd</sup> year student* need from you?

- To be useful → Scut work is ok!!
- Learn → Everything, even asthma, is brand new and interesting
- Fit in with the team → Friendliness is big
- Experience → Let them lead the discussions/etc as much as possible. Help them with physical exams, eg checking ears, hearing heart murmurs
- Note help → Review 1 note per day, teaching succinctness and organization
- Good grade! → Chance to shine. Have them present, look up topics/clinical questions, make phone calls. Don't just send them home early!

What does your *Sub-I* need from you?

- Same as above
- Independence
- Organization help → show them how you prep your check boxes, etc and how you prioritize the work load of multiple patients
- Disaster planning 101 → Make time for this on night shifts, e.g. "What should we do if this patient has a seizure?"

What does your *Intern* need from you?

- Logistics help → careful not to do things *for* them, but rather *with* them
- Organization/prioritization help
- Support while learning to be self-sufficient → be nearby, and over the year distance yourself and have them try to answer their own questions
- Teaching → read about kids on your list (can literally be 2 min about a syndrome, differential, etc), and provide teaching on rounds or other times. Short snippets are easiest to remember.
- Knowledge on helpful references/resources → guidelines, handouts, etc. Team emails are great! Show them how you save important files, or how you take pics of things on your phone, etc.
- Food/breaks – best to role model good self-care
- Disaster planning 101

What does your *Attending* need from you?

- Independent thinking → Consider a broad differential, and definitely attempt a plan!!!
- Smooth rounding
  - o Computer ready, choose order of rounds, include nurses, prep presenters, safety checklist, white board updated
- Daily work done in a timely manner
- Easy, quick, succinct notes by the end of the same day
- An intern and a senior... not 2 interns!
- Leadership skills emerging → Care of team members and their learning, patient care plans are supervised and improved, families feel cared for/understand their care plan
- Know the patients – their meds, their history, what consultants think/recommend, labs, etc.
- Self-awareness, asking for help, asking questions
- Positive attitude, respect for all, positive team morale

What do *Ancillary staff* need from you?

- To be aware of the Global plan

- Invitation to round
- Communication about Discharge timing
- To be updated about CHANGES to meds, labs, orders
- Respect, kindness, team involvement.

What do **YOU** yourself need?

- To let your attendings know of any worries/concerns you have
- Let your attendings know your goals for a particular block
- Reading time → prioritize this since you may not have notes to write, etc
- Leadership practice
- Feedback → Ask if it is not prompted. Keep your ears out for everyday feedback which can be missed – tips and tricks while rounding, modeling of discussion in front of families, etc.
- Support → Never Worry Alone!!! The chiefs, residency leadership, attendings, advisors, friends are here. Find your person and keep them in the loop.

### **Take home points:**

- Being a senior is HARD! Takes time and practice!!
- Don't be a super intern.
- Put yourself in other people's shoes to remember what might be helpful to them
- Thinking out loud will help pretty much everyone
- Never worry alone.