

Thank you for considering my application to be part of a program geared to improve resident's lives. I believe physician wellness is paramount to the success and evolution of medicine, and I want to be at the forefront of the coming change. In medicine, the culture has traditionally been flawed, encouraging physicians to compromise their livelihood and wellness to prove their commitment to their career. This flaw has been studied and now proven that a well physician and a well person can better perform and learn. I want to change that perception, and emergency medicine can be a catalyst for that change.

We, in the medical field, are prepared and have steps to fulfill when residents are not succeeding academically but have no plan of action when people are not well. I am interested in this wellness mini-fellowship to gain a foundation, one that will allow me to incorporate aspects of physician wellness into my home residency program and carry through my career. Shanafelt et al. a Mayo Clinic study demonstrated that having a passion in your field of work prevents burnout. They concluded that when a physician's time spent pursuing their job interest falls below 10-20%, burnout rises from 29.9%-53.8%.

Before residency, wellness was the priority to me; I volunteered and worked in areas oriented to mind/body strengthening. Wellness is my passion and an area I wish to pursue further. The pathway laid out for the fellowship lectures are areas I have great interest. I have a particular enthusiasm for the "Business of Medicine and Systems Change" and "Fighting Imposterism." One of my plans is to create an easy-to-access website or virtual database of subspecialties including fellowship options and other niches in emergency medicine. This database will explore conference options, and offer information on how to find additional resources on the subject they have interest, including contacts with other residents pursuing the subject, and resources to find a mentor. Eventually, I wish to expand it to contain advice from experts in their prospective fields and connect those with similar passions and like-minded individuals all over the country.

I want to encourage people to seek out their interests by making it easier to access information. This also will help keep residents focused on the reasons they love medicine, and why they belong in medicine. When one feels they belong and have support, the imposter syndrome is minimized. People who feel as if they fit and know their direction have confidence. Finding like-minded people is paramount to community and success.

I appreciate you considering my application. If chosen, I look forward to working as part of the team.

Respectfully,
Samantha Reeder M.D.