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Independent Study and Mentorship- 3A

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Research Assessment 7

Subject: The Journey to become a Doctor

MLA Citation:

Work Cited

“Doctors' Diaries,” director. PBS, 2009.

Assessment:

For this assessment I wanted to learn more about the path to becoming a surgeon. I chose to take notes on a documentary of the journey of a couple of doctors from medical school to internship to residency and lastly to their careers. Before watching this I had an adequate knowledge on the journey to become a doctor, but now with this documentary I was able to vividly see the lives of a couple of young adults change as they became doctors, and learned about the challenges that come with in this journey.

The documentary started with the first year of a couple of Harvard Medical School. As one of the students said, you can never be emotionally prepared for medical school. The emotional stresses of medical school are very evident in the lives of these students throughout the first part of this documentary. Gross anatomy lab was considered one of the most emotional parts of of these first years according to these medical students. I had never really thought of the emotional stresses of gross anatomy lab; however, it does not discourage me to continue with

this topic of study. The lack of personal time, long hours studying, and the intensive process of learning everything there is to know about the human body leads to an emotionally trying period of a medical student's lives. Many of the students stressed the need for a hobby to occupy your life outside of medical school. This first part of the documentary really showed the negative sides to medical school, something I am not necessarily looking forward to. An interesting part of the first years of medical school practice is how students learn by practicing procedures on each other. For example, they learn to draw blood from each other and learn to do simple check up procedure from each other as well. The next part of medical school was learning the difference between sickness and health, to learn everything that could go wrong in the human body. Students are also tested by performing examinations on their professors which can be very stressful. Year three and four is when students leave the classroom and go to hospital. These tough calls result in a lack of sleep, and the rigid hierarchy of power within a hospital can be very difficult to deal with. At the top are the attendings, followed by senior residents, interns, and at the bottom medical students. This documentary showed me the struggles that come when working in a hospital. Doctors tend to make medical students feel humiliated which makes you feel ungrounded and leads to self hatred. After the fourth year of medical school comes match day, the day students discover where they will do internship and residency. Match day is followed by graduation day, when these medical students finally become doctors. After graduation comes internship, another trying period in a doctor's life. During internship doctors are very busy and highly underpaid. In the end of the documentary doctors do their residency which follows with a chosen specialization and the rest of their lives.

This documentary is relevant to my topic in Independent Study and Mentorship because it has taught me what my future may look like, and what I am working towards. Although no one in the documentary specialized in my topic of study their journey will be somewhat similar to mine, so this documentary allows me to prepare for the future. With this new knowledge about medical school and residency I am able to better understand the lives of doctors and what they have gone through. Watching this documentary also grew my curiosity in the possible change in the medical school and residency process, since this documentary is quite old.

#### Doctor's Diaries Documentary Notes

- Medical school is something one cannot be emotionally prepared for
- Jay: care about people
- Jane: Urban poor
- gross anatomy lab is horrible, lifelike, emotional
- satisfying extension of who I am
- learn by examining each other
- Jay: scary to examine patients
  - Reminder of why
- first-year cannot be prepared for it is little time for yourself, spending six hours every day actively studying, intensive process, need for a hobby, emotionally trying period of life
- Practice by drawing blood on each other
- Do no harm is the greatest gift a doctor can give

- now that students have learned all about the human body next step is learning what could go wrong difference between sickness and health
- Students are tested by doctors/ professors by pretending that he/she is a patient and performing a physical
- national board exam is a three-part exam required to pass medical school it is a poor test of what students really know
- stereotype of a doctor is that becoming a doctor equals a divorce
- year three and four are the years you get to leave classroom and go to hospital
- Everyone is lost
- no sleep
- rigid hierarchy of power
- top: attending, senior resident, intern, 3rd year medical students
- doctors make you feel humiliated and ungrounded and leads to self hatred
- Cardiology has an older patient population
- some patients like for you to be direct some not
- procedures are hard because you do not know what you are doing
- human life and drama is part of your career
- OR is most intense, you feel like you are needed, great place to see anatomy
- No sleep schedule
- anesthesiology has a good lifestyle
- you cannot be stupid and do medicine, cannot be a klutz and do surgery
- very intense work

- Match day is the day students discover where they will do internship and residency
- medical training is a marathon have to keep going
- graduation day is when it's finally become real doctors
- you have a responsibility
- difficult to work at a municipal Hospital
- scared to have diseases
- internship leads to unhappiness underpayment, bottom line, and is very hard
- can lead to negative side effects like being afraid to do something wrong, forgetting
- Mind-boggling
- ward medicine is high workload it leads you to forget simple basic things
- you are gradually getting more tired, there is no time for family
- complicated love life