

## “Be nice” and four more rules for young physicians

**A**rienne Shadi Kourosh, MD, MPH, a dermatologist at Massachusetts General Hospital, wants to pass on some sage advice to young physicians. In fact, it’s the same advice she received when she was starting out, and some she wished she would have received.

Here are five pearls she presented during Saturday’s “Young Physician Pearls and Pitfalls: A Survival Guide for the First 10 Years” (F057).

**1 Protect your eyes.** On the surface, this suggestion is literal. You actually need to wear proper eye protection. But it goes beyond that, said Dr. Kourosh. You need to protect yourself and your ability to do your job in the long term. In this same vein, she recommends getting disability insurance while still a resident; this way, you’ll be locked into lower rates.

**2 Keep a paper trail.** Dr. Kourosh said to document encounters fairly and accurately. Learn accurate and prudent billing and coding procedures. Use neutral language, such as “declined” instead of “refused,” and record all pertinent discussions. It’s important to protect not only yourself, but your entire team.

**3 Pace yourself.** It can be tempting to go after all of your goals at once, but make sure to prioritize your health along the way. Sleep, exercise, meditate. Practice self-care habits that work for you, pursue your hobbies, and travel if it appeals to you.

**4 Be nice.** Be a good neighbor to your colleagues. Help when you can; cover for, support, and defend them. But it goes beyond your colleagues — be a good neighbor for those who work for



Young physicians chuckle as Arienne Shadi Kourosh, MD, MPH, tells them they “won’t be 21 forever” and other sage advice.

you as well. Show your entire team respect.

**5 Get involved.** You can’t change the future of dermatology if you don’t speak up for what you believe in. Run for office. Serve on

committees. Come to the AADA Legislative Conference.

And if you’re feeling stuck and needing help? The AAD is always available for education, advocacy, and other resources and programs.