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The Successful Health Care Professional's Guide : Everything You Need to Know But Weren't Taught in Training / / edited by Philip K. Louie, Michael H. McCarthy, Todd J. Albert

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Nota di contenuto

1. Introduction -- 2. Mentorship -- 3. Perseverance/grit/stoicism -- 4. Skills-training: how other professions train (athletes/performing arts - musicians/dancers) -- 5. Goal setting -- 6. Career planning -- 7. Work/life balance/well-being/avoiding burnout -- 8. Relationships: family, romantic, friends -- 9. Overcoming failures/disappointments/disasters -- 10. Financial planning -- 11. Insurance: life, disability (long-term and short-term) -- 12. The value of teaching -- 13. Lessons from Stoicism -- 14. Leadership lessons from History (Washington , Churchill, Grant, Lombardi) -- 15. Generalization vs specialization (outside of your specific medical specialty) -- 16. What next? Next Step.

Sommario/riassunto

The goal of this concise guide is to provide a resource of "non-medical" skills and practices that have been shown to help healthcare trainees reach their peak performance. There are many aspects of the healthcare education and training process that are necessary for excelling, preparing for the next stage, and thriving at the level of the trainee's end goal. However, certain additional skills and principles are

essential in reaching peak performance during training, career, and life. Often overlooked in formal training, these skills and principles can be found in a range of areas, including leadership, goal-setting, mentorship, relationships, skills-training, stoicism, and financial planning, to name just several. All are critical in medical-career development, but learning these skills and principles often requires searching through numerous resources to acquire the needed information. Having completed the rigorous training involved in these professions, the accomplished chapter authors of this easy-to-read title offer insightful key points and tangible action items in each section, geared specifically to the trainee and their training education. In addition, authors from various non-medical sectors and professional backgrounds have contributed their expertise to this compendium, giving the book important interdisciplinary coverage. An invaluable and timely contribution to the health career development literature, *The Successful Health Care Professional's Guide* will be of great interest to medical students, residents, fellows and all allied health professionals looking to develop the most successful and fulfilling career possible.
