

CALIFORNIA EARLY CAREER PHYSICIANS TOWN HALL

Hosted by your

AAP Section on Early Career Physician Representatives

June 23, 2020

WHAT IS THE AAP SECTION ON EARLY CAREER PHYSICIANS (SOECP)?

- Membership consists of physicians within 10 years from residency training
- SOECP goals are to:
 - Provide education and resources to early career physicians that will further develop their career, advocacy and wellness
 - Provide timely, engaging, and effective Section updates to members, AAP leadership and non-member early career physicians
 - Provide mentorship and networking opportunities for early career physicians
 - Provide leadership opportunities for early career physicians

SOECP MEMBERSHIP VALUE

- The SOECP provides valuable guidance and resources for early career physicians who are transitioning out of residency and fellowship, as well as to those who are within their first years in practice.
- The SOECP is one of the largest sections of the AAP with over 2,000 members.

YOUR NATIONAL SOECP LEADERS

District IX - District Representative

Melissa Ruiz, MD, FAAP
Email: ruizmj@gmail.com
Twitter: [@melissaruizmd](https://twitter.com/melissaruizmd)



Fellowship Program: Kaiser Permanente Southern California Community Medicine Fellowship
Residency Program: University of Illinois at Chicago
Medical School: Columbia University College of Physicians and Surgeons
Hometown: Pasadena, CA
Fun Fact: I have two amazing boys who I am raising bilingual so they can have the bi-cultural experience my parent could give me.

District IX - Assistant District Representative

Christine Thang, MD, FAAP
Email: cthang@mednet.ucla.edu
Twitter: [@ChristineThang](https://twitter.com/ChristineThang)



Residency Program: UCLA Mattel Children's Hospital
Medical School: UCLA David Geffen School of Medicine
Hometown: Glendale, CA
If you could travel back in time, what period would you go to? If I could travel back in time, I would return to the 1920's.
What's your favorite junk food? I love ice cream. My favorite right now is Talenti's Sicilian Pistachio gelato.

YOUR LOCAL SOECP LEADERS

AAP California is divided into 4 Chapters.

Each Chapter has an ECP representative.

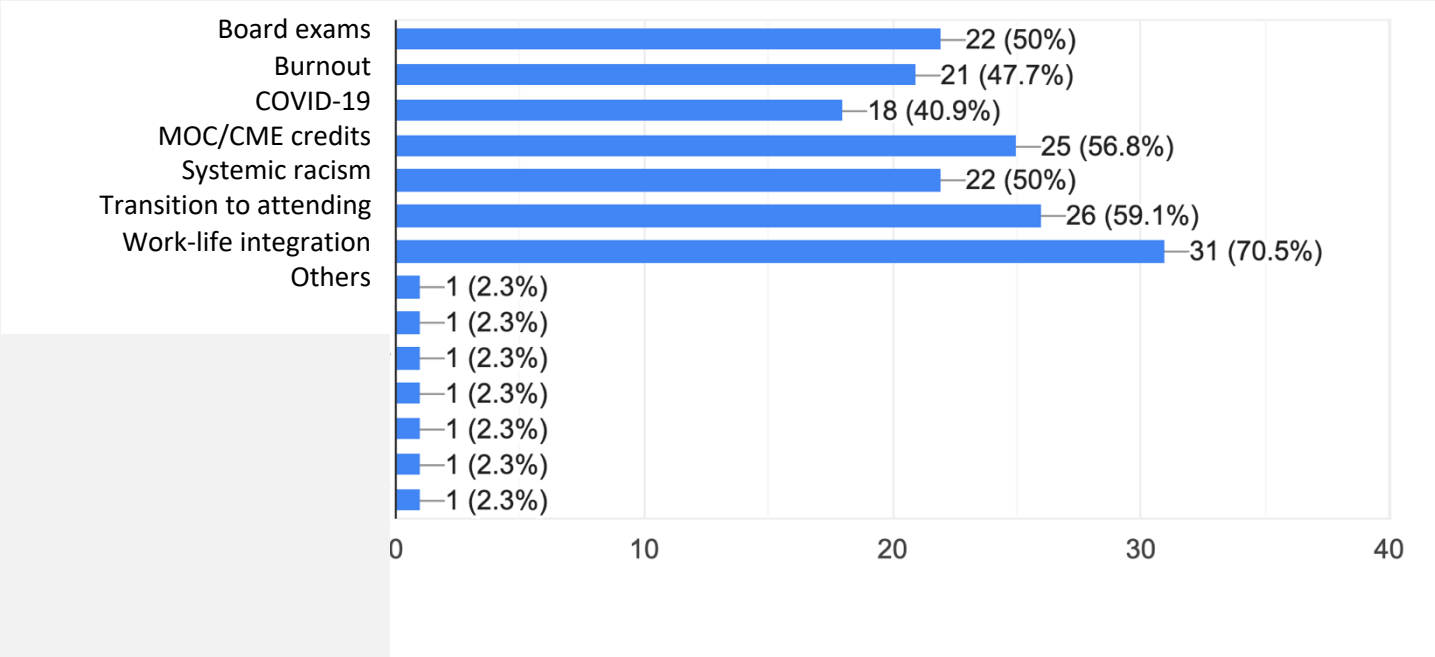
Chapter 1 (NorCal) - Tashya Jayasuriya Whitehead, MD (tashya.jay@gmail.com)

Chapter 2 (SoCal) - Pallavi Kamra, MD (pallavikamra@gmail.com)

Chapter 3 (San Diego) - Maya Kumar, MD (m8kumar@health.ucsd.edu)

Chapter 4 (Orange County) - Hillary Zieve, MD (hillaryzieve@gmail.com)

FIRST-EVER CA ECP TOWN HALL!



TRANSITION TO “ATTENDINGHOOD”

- Tashya & Melissa
- What is your biggest fear about making this transition?
- What do you wish you had known?
- Tips and advice on first job
- Don't be afraid to ask for help

Work-Life Integration

Life is the intersection of 4 domains:

- Work, career or school
- Home and family
- Community and connecting
- Well-being and health (realm of mind, body, and spirit)
- Important to inventory your individual values and relationships to these domains



WORK-LIFE INTEGRATION

- Pallavi
- What are you having trouble integrating? Stop and identify priorities
- Professional vs family vs community involvement
- Strategies that you employ
 - ie, scheduling time off with family; maximizing efficiency; separating work and home lives
- Leave (family, childcare, maternity) time from your practice

Work Life Integration Strategies



- Prioritize
- Delegate tasks or duties
- Double Dip
- Time Management
- Leverage Technology
- Know work-life policies of employer
- Establish a mentor network
- Cultivate relationships with family and friends
- Build healthy personal relationships
- Get organized

-Pitre et al, MedEdPortal 2017

Planning for next
steps...

FUTURE ECP TOWN HALLS?

Attendees voted in favor of quarterly town halls for early career pediatricians to connect so we will be planning our next virtual event toward the end of August 2020 around CME/MOC and board exams. Stay tuned!