

BUMC INTERNAL MEDICINE ALUMNI TESTIMONIALS

2 0 2 0



Payal Parikh '13

Asst. Prof of Medicine, Vice Chair of Quality and Safety, Department of Medicine, Core Faculty, Internal Medicine Residency, at Rutgers, Robert Wood Johnson Medical School

As Vice Chair, I analyze quality metrics, promote initiatives to improve inpatient and outpatient processes, conduct RCAs, and lead M&M conferences. I am also the Director of the Quality and Safety Curriculum that I developed in 2016, modeling it after what I had learned through the curriculum at BMC. I educate my trainees on aspects of quality and safety, encouraging them to think about initiatives that impact population health; keeping in mind the barriers to adequate health management.

BMC really gave me my start in quality and safety. My foundation was through the QI curriculum that was taught at BMC and the patient safety electives that were available to me. Observing, and then leading the M&M conferences as a chief resident at BMC also provided me the foundation in conducting a root cause analysis. Furthermore, I pursued academic medicine because of the strong educational role models in the residency and department leadership.

At BMC, I learned not only from my educators but also from the patients. So often, we served the underserved patients of Boston, patients who presented from overseas, and patients with little to no health literacy. I saw end stage disease processes that I would not necessarily see from those who have had the privilege of healthcare. I learned about the process of healthcare delivery as it relates to social determinants of health and population health management.

I have so many fond memories to choose from training at BMC. But the underlying theme to all of them is the camaraderie and support that I felt as a trainee in the program. From the very beginning I felt supported in the various rotations. Outside of academics, there was attention humanism and wellness. With the support of the leadership and the program office staff, we held art and music galleries where we celebrated our co-resident's skills in the arts. During Morale Week, we partook in several activities including Dr. Coleman and Dr. Yadavalli making us breakfast (!), competitive basketball games, and a dive into the history of BMC. We certainly worked hard, but I also had fun doing so!

Medicine is an amazing field. You truly get to effect change in the lives of your patients and their families. My advice to you is best said by Sir William Osler (one of my favorite quotes): "The practice of medicine is an art, not a trade, a calling, not a business, a calling in which your heart will be exercised equally with your head. Often the best part of your work will have nothing to do with potions and powders, but with an exercise of an influence of the strong upon the weak, of the righteous upon the wicked, of the wise upon the foolish". Good luck! BMC will train you well in each of these aspects!