

As a senior, what I should have been
taught differently

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AEPC Junior Members course, Linz, Austria, March 2014

Difficult phases in a career

- Transition period (between trainee and consultant)
- Responsibility as trainee is shared with your consultant
- As consultant suddenly it is a lonely world

When a Trainee becomes Consultant

Trainee  Consultant

I made a mistake
EVEN THOUGH
the consultant
stood next to me

I made a mistake
BECAUSE
the trainee
stood next to me

First year as consultant

- What are the challenges?

First year as consultant

- Challenges:
 - Establish your own identity
 - Be valued by the rest of the team
 - Fear of failure

What I should have been taught

- How to manage fear of failure
- How to manage decision making
- How to build self-confidence
- How to ask for help and who to ask

What I should have been taught

- How to find a mentor
- How to team up with people you trust
- How to work with senior colleague without feeling undermined or threatened
- How to deal with difficult colleague who undermines you

What should I have been taught

- Finding a good mentor – needs luck
- A mentor could be
 - a consultant: able to provide formal advice
 - a senior trainee would be good too to provide informal guidance in career progression, as well as more likely to spend time on clinical matters

What should I have been taught

- As a trainee, I should have been taught how to deal with stressful situations
- Management issues (clinical as well as administrative)
- Simulation training

What I should have been taught

- How to talk to families before procedure, after procedure and after complications (observe a senior)
- **Dealing with death/severe complication of intervention**
- Advice on managing difficult patient from colleagues
- Opportunity to share concerns with a trusted colleague
- Recognition of own mistakes or limitations (Ideally you want to treat all patients but some patients cannot be treated)
- Develop insight and confidence to accept criticism
- Trust from the team
- Develop network outside own hospital to obtain advice and help also

What I should have been taught differently

- Time management
 - How not to over-commit to many tasks because trying to please seniors
- Define long term goals – what you want to achieve and what is achievable in a realistic time frame
- Management training – nowadays more expectations of financial issues
- Training in how to evaluate trials and publications, database/registries

Most difficult moments in my career

Progression

- Able to tell a colleague he/she is not good
- Able to learn from mistakes
- Experience is gained from making mistakes but experience should prevent you from making mistakes
- Advice for a trainee: do not upset anybody, you never know when you might need help
- **Develop humility**

Most difficult moments in my career

Develop diplomacy skills

- A young pediatric cardiologist joined a hospital as interventionist
- On his first day, he phoned the cath lab and shouted into the phone: "Get me the list of tomorrow's patients, quickly!"
- The voice from the other side responded: "You fool; you've dialled the wrong extension! Do you know who you're talking to?"
- "No" replied the trainee.
- "It's the Director of the cath lab, you idiot!"
- The trainee shouted back: "And do you know who YOU are talking to, you IDIOT?"
- "No!" replied the Director angrily.
- "Thank God!" replied the trainee and put the phone down