

## **First Year Diaries: My Philosophy by David Carr**

### **00:00 – 01:38 – Introduction**

Today on First Year Diaries I am joined by Dr. David Carr, a University Health Network emergency physician, renowned medical education speaker, and Toronto Blue Jays physician. In this episode, I asked him to impart his wisdom to new staff physicians like myself and share his approaches to a successful career in medicine. Later in the interview, we also discuss workflow strategies for the ED, common mistakes made by new physicians, and tips on how to maintain wellness/avoid burnout.

### **01:57 – 38:28 – Questions**

1. 01:57 – 03:05 - *Can you please introduce yourself? (name, training, where you work, interests, etc.).*
2. 03:05 – 04:45 – *Tell me about your philosophy, and what your career trajectory has been?*
3. 04:55 – 08:07 – *How can new physicians get to become an educator like you?*
4. 08:07 – 12:43 – *Do you have any tips for new physicians looking to reach their goals, and become a well-respected physician like yourself?*
5. 12:43 – 27:56 – *Can you tell us about how you manage department flow efficiently and safely, especially during busy times?*
  - 20:41 – 23:56 – Tips to effectively manage flow
  - 23:56 – 27:56 – Tips to effectively manage learners
6. 27:56 – 32:45 – *What are some mistakes that you've seen new physicians make? (Either clinical or non-clinical).*
7. 32:45 – 36:38 – *What can new staff do to keep their wellness intact and avoid burnout? What are some strategies you use?*
8. 36:36 – 38:28 – *Do you have any final comments you would like to share?*

### **38:28 – 39:58 – Closing Remarks**