

COVID Transitions with Dr. Andy Little

Overview:

In this episode, Tiffany talks with Dr. Andy Little about career and life transitions during the COVID pandemic. They discuss the unique challenges of moving his family across the US from Ohio to Florida in the pursuit of the career for which they had planned and sacrificed. Dr. Little shares with us how the pandemic forced him to refocus on the things that matter most and helped him discover new adventures with his family. Take a listen, we will get through this together.

0:00 - 1:48 - Introduction

Host: Tiffany Proffitt, DO – Staff Emergency Medicine Physician Honor Health, Former Podcaster with EMRA Cast

Guest: Andy Little, DO – Associate Program Director (APD) for the Advent Health East Orlando Emergency Medicine Residency Program, Co-founder and Host of EM Over Easy Podcast, EMRA 45 under 45 winner, Editor ALiEM Blog

1:48 - 17:20 - Questions + Discussion

1. **1:48 - 3:05 - How was your experience moving to Florida to become APD during their COVID peak and hurricane season?**
2. **3:05 - 5:30 - Did you have any fears moving your family cross country during a pandemic?**
3. **5:30 - 10:20 - Discussion about changes in personal routines and the experience of transitioning from one academic program to another during COVID.**
4. **10:20 - 11:38- With all these challenges and changes going on, did you second-guess your move to Florida?**
5. **11:38 - 13:49 - Discussion about the silver linings about COVID.**
6. **13:49 - 16:02 - Which comfort food unique to Columbus, Ohio, do you miss the most? Which substitute food did you find in Florida?**
Spoiler: Jeni's Ice cream - Brambleberry Crisp flavour (Ohio)
7. **16:02 - 17:20 - Closing remarks for frontline workers.**

Key Points:

- Take advantage of the opportunity COVID gives you to reevaluate your long-term goals.
- Take time to self-reflect and examine how you spend your time, money, and effort.
- COVID sucks, but we WILL get through this and we will be better on the other end.

