2020-2021 Golden Stethoscope Nomination

Nominated for: Phase 2 Best Role Model

Name of Nominee Dr. Emily Albrecht

There are people in our lives who are transformative -- people who expand our perspectives and help guide us toward achieving our full potential. For me, and undoubtedly many others, this has been Dr. Emily Albrecht. She has inspired me both professionally and personally, and her leadership and compassion has shown me what it means to be a well-rounded physician. Because she is truly my role model, it is my honor to enthusiastically nominate Dr. Emily Albrecht for the Phase 2 Best Role Model Golden Stethoscope Award.

I recall my first meeting with Dr. Albrecht and how we discussed mutual expectations for the preceptorship experience. At her prompting, we agreed on some ground rules for each session:

(1) Communicate openly and honestly with each other. I quickly learned that no topics were off limits.

(2) Be willing to learn each session, but also willing to teach. Every time I came in, she would ask me to explain to her one interesting concept that I have learned in my classes.

(3) Do not forget about work-life balance. Each week Dr. Albrecht asked that I share one example of something that I had done for myself and, in return, she would impart one piece of advice that has helped her to maintain a healthy work-life balance.

I cannot overstate the benefit that these small moments had on my precepting experience. Dr. Albrecht made it clear that she not only cared about my professional development, but also my personal well-being. Her views on medicine, life and the importance of gratitude -- and the caring manner in which she supports everyone around her -- assured me that I am in the right field.

Dr. Albrecht’s knowledge of medicine alone is enough to impress anyone. She is exceptionally perceptive and smart, sharing depths of information about every health concern we encountered. I found that her brilliance, however, is matched by her ability to teach. She provided me with exceptional clinical training and would always take the time to explain concepts clearly -- everything from medical terminology and the difference between SOAP notes and H&P's, to pathophysiology of diseases and the pharmacology of our treatment options. She also encouraged me to ask questions, do my own research, and then put those teachings to use. This allowed me a safe space to practice my knowledge and competencies with patients, and it pushed me to acquire a new skill every session.

Looking back, I realize I have learned much more than I ever expected from precepting. I have made strides I previously didn't think possible -- both professionally and personally -- and I genuinely attribute it all to Dr. Albrecht’s thoughtful approach as a mentor. She has modeled for me what it is to be a brilliant doctor, a compassionate advocate, and a strong woman. Moreover, she has shown me how to excel in your career and in life, while bettering the lives of everyone around you. I will forever be grateful for her guidance, striving every day to emulate the examples she has set for me.

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