2021-2022 Golden Stethoscope Nomination

Nominated for: Demonstrating Leadership

Name of Nominee Dr. Jessica Landry

Walking into the Yellow Team room at Children's Hospital for the first time was nerve-wracking. With only a few weeks' worth of clinical knowledge and a shaky grasp on maybe three communication skills, I felt like I would not belong. But the moment I met Dr. Jessica Landry, my fears started to fade. She made sure to include me in every patient encounter, encouraging me to take the lead on interviewing patients when I felt comfortable, or letting me step back and learn from her when I didn't. I am nominating Dr. Landry for a Golden Stethoscope Award in Demonstrating Leadership because throughout the year, she has used her leadership skills to create an environment where I could learn, grow, and gain confidence.

One of the most important qualities of a good leader is being able to inspire others. Dr. Landry consistently gave me the courage to do things I did not think I was capable of. During one shift, Dr. Landry asked me if I had ever heard of a HEEADSSS psychosocial assessment. When I said no, she gave me a handout with its components and asked me to perform one on a teenage patient who was in the hospital for a suicide attempt. I had never interviewed a patient about their mental health, let alone under such sensitive conditions, and I was terrified. But she told me to take all the time I needed to review the handout and ask her questions. After several minutes of going over which questions to ask the patient and how to phrase them, I finally felt prepared to walk into the room. My patient and I had a great conversation, and I was surprised and touched by how willing she was to share details of her personal life with me. This was my first patient as a medical student who I had an opportunity to really connect with, and I am grateful to Dr. Landry for giving me courage to ask the questions necessary to foster this patient-provider relationship.

Strong leaders also create a safe space for the rest of their team to ask questions and make mistakes. From the first day of my preceptorship, Dr. Landry has encouraged me to ask questions after seeing patients, and never made me feel bad for forgetting a letter of the ABCDEs of interpreting x-rays, or for needing a reminder on what comprises Tetralogy of Fallot. Whenever I struggled to formulate differential diagnoses for pediatric patients, and named a rare and unlikely diagnosis, Dr. Landry never made me feel like I was wrong, and instead gently redirected me to think of more common etiologies. After giving an oral presentation that I felt was far from my best work, she started off with a compliment and a reminder that oral presentations are a difficult skill to master, and spent the next ten minutes showing me how I can restructure my presentation so that everyone listening can follow along more easily. Her knowledge of medicine and clinical practice always impressed me, but her ability to teach me some of that knowledge with kind encouragement is what really stuck with me.

Dr. Landry consistently made the hospital feel like a place where I could learn and grow without fear. Her constant guidance and encouragement were exactly what I needed as a first year medical student to gain confidence in my clinical skills and eventually grow into a curious, competent physician. Dr. Landry's outstanding ability to lead and inspire students like me is deserving of this Golden Stethoscope Award. I am so thankful to have had such a wonderful mentor through my first clinical experience of medical school.

Written by: Anima Shrestha, MS1

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