2021-2022 Golden Stethoscope Nomination

Nominated for: Fostering Curiosity

Name of Nominee Dr. Piggott

It is my honor to nominate Dr. Piggott for the Fostering Curiosity award. I had the pleasure of working with Dr. Piggott for this past year at UCHealth A.F. Williams Family Medicine Clinic.

Despite our short time together, Dr. Piggott played a significant role in pushing me out of comfort zone and to be curious about all aspects of medicine - from the lives of our patients to the robust technology and emerging research. Dr. Piggott mentored me to keep an open mindset with my patients and be inquisitive about the details of my patient's daily lives. This challenged me to ask better questions and as a result, I was able to learn the values, habits, and challenges of my patients. With each new encounter, I refined ways to ask certain questions and consider the purpose of each inquiry.

This way of thinking was most impactful when I was practicing motivational interview where one of my patients came in for an annual check up. As I was helping her create her health goals for the year, she shared she wanted to lose weight. When I asked her, she stated she was highly motivated and highly confident that she was able to do it and seemed to be ready to move on from the topic. And so I did. However, upon talking to Dr. Piggott, he helped me see that I could have done much more by considering the barriers our patient may be facing and may not be sharing immediately with me. For example, what are eating habits, what triggers the patient to binge food, and how does she prepare her meals. Asking more personal and specific questions in these situations can help identify challenges that my patient may not even be aware of. This patient encounter reminded me the importance of actively asking questions and seeking for answers.

On top of being curious about my patients, Dr. Piggott has also encouraged me to be curious about evidence-based medicine. As a COMPASS guide and preceptor, Dr. Piggott had the ability to integrate concepts learned in class to the clinical setting. Dr. Piggott pushed me to practice creating a PICO question and becoming more facile with searching up data about that topic. He motivated me to be more resourceful by using UpToDate and PubMed to learn and familiarize myself with topics I am uncomfortable and uncertain about.

Working with Dr. Piggott was not always easy, but that was because Dr. Piggott knew the importance of challenging his students to help them become better versions of themselves. It was working with Dr. Piggott when I experience that transition that my role is not just to gather the medical history, but to also synthesize the information, construct a diagnosis, and create a treatment plan. He also showed me how staying curious and proactive in seeking answers can further heal patients. I am grateful for the skill sets I acquired from Dr. Piggott.

Written by: Jennifer Mai Lai

University of Colorado
Anschutz Medical Campus