2021-2022 Golden Stethoscope Nomination

Nominated for: Outstanding Preceptor

Name of Nominee Dr. Michael Ruygrok

I was excited when I first was assigned an Emergency Medicine preceptor. The Emergency Department is dynamic, fast-paced, and diverse. I had never worked in Emergency Medicine and felt like it would offer an exceptional view into medicine, in a way that a lot of my colleagues did not receive. Working with Dr. Ruygrok truly fulfilled and exceeded my expectations.

In all ways, Dr. Ruygrok is an effective preceptor. He actively encourages hands-on experience, participation, and preparedness. Often, he sent me home with an area of interest for me to research, based on the cases we had seen. He asked me each time I visited where we were in our curriculum, and he selected patients he felt would be appropriate for me to see. I was able to conduct physicals, patient histories, and education with patients, with him overseeing me. I feel much more capable having worked with Dr. Ruygrok, but especially with note-taking. That is something we did not receive a lot of practice on in our first-year, but I was able to practice it almost every time I worked with Dr. Ruygrok. Then, we reviewed the notes I wrote together, and he gave me areas of strength and weakness, so that I could improve for the next time. Because of this, I feel much better prepared for next year.

Dr. Ruygrok is knowledgeable and enthusiastic about education, and he demonstrates a commitment to my education that few of my instructors have. He quizzes me on clinical reasoning after each patient, and he asks me to elaborate or explain my reasoning. I feel much more confident in my clinical reasoning after working with him. Not only that, but, because he is so knowledgeable about so many things, he is able to guide me in so many different areas, from neurology to cardiology to infectious disease, and more.

Beyond this, Dr. Ruygrok models organization and time management -- how can he not? The Emergency Department, especially when it is busy, requires a high level of organization, time management, and prioritizing. There are several instances that stand out, but the primary one is when I was having difficulty with scheduling. Dr. Ruygrok set his expectations in a concise and direct manner. This allowed us to set our expectations and abilities. Additionally, he encouraged me to take advantage of the various settings he works at -- community hospitals, private hospitals, and stand-alone facilities, so that I am better able to comprehend the scope and grasp of Emergency Medicine. One of the highlights of my first year was working with him in Summit County, where I was able to observe some of what rural Emergency Medicine is like and discuss the pros, cons, and challenges rural clinicians face.

As well, I was truly impressed with the integrity and respect that Dr. Ruygrok displays in the clinical setting. He is truly respectful and thoughtful when it comes to his patients, even on busy or stressful nights. When he is in a patient's room, he slows down, gets on their level, and listens. I have seen just how impactful that is on patients, and I hope to emulate that next year as I enter my clerkship year.

Written by: Carly Forest, MS1

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