2021-2022 Golden Stethoscope Nomination

Nominated for: Fostering Curiosity

Name of Nominee Dr. Catherine Spaulding

I am more than happy to nominate Dr. Catherine Spaulding for the Fostering Curiosity category of the Golden Stethoscope Award. She has been an excellent preceptor during my first year. No matter how busy she got with patients at the Internal Medicine clinic at Cherry Creek or the Children's Health Pavillion, she always took the time to answer my questions. I truly believe that she helped me develop a passion about the breadth of medical science and a curiosity and compassion towards each and every patient.

I was fortunate to have Dr. Spaulding as my Med-Peds preceptor because I had the opportunity to see all kinds of conditions from neonates to octogenarians. She created an opening and welcoming environment for me to explore and develop my clinical skills. For example, in my pediatrics rotation, other students and I would ask her about a baby's skin condition that would normally require a referral to a dermatologist. But she took the time anyway to probe and learn more with us because we simply wanted to know more about these conditions. In internal medicine, she helped me investigate and talk me through which possible medications to prescribe or substitute for an elderly woman's urinary incontinence.

Most importantly, she taught me to remain curious about patients, to learn more about them and their loved ones, and how knowing these social aspects can help us provide better care. During a gender transitioning consultation, she showed a great deal of concern on how the transition would impact all aspects of the patient's life. She went in to depth about how the patient's mood has been, what her relationship with her partner is like, and what community of support she had. Her passion for transgender health and gender transitioning sparked my interest as well.

Additionally, she showed me how cultivating curiosity in patients can lead to better patient-physician relationships. In one instance, a patient with bipolar disorder and severe head trauma from a motor vehicle accident was very upset because she was not seen immediately. Even though the patient was belligerent towards staff and Dr. Spaulding, Dr. Spaulding exhibited great patience with the patient by actively listening to her concerns and life story. Through this, she was able to create a caring and amenable relationship with a distressed patient. She demonstrated to me how fostering curiosity about our patients is at the heart of the patient-physician relationship.

I hope to keep these lessons and my curiosity towards the art of medicine and the people it impacts as I transition into my second year clinical rotations. It was my honor and pleasure to work with Dr. Catherine Spaulding for the well deserved Golden Stethoscope Award for Fostering Curiosity.

Written by: Michael Kwong MS1