2021-2022 Golden Stethoscope Nomination

Nominated for: Outstanding DOCS Preceptor

Name of Nominee Dr. Adam Starr

The first day of preceptorship can stir many emotions; some students in the Emergency Department working with sensitive and emergent patient stories while others were working directly with patients in a primary care setting. For myself, my first evening was spent with Dr. Starr, an overnight hospitalist that was admitting physician from the ED. My nerves leading up to the first patient I saw resulted in me stumbling through my history as I spoke with a patient about their hip fracture. Becoming increasingly anxious, I was worried about what my preceptor would say and what first impression I was making. However, post the encounter, Dr. Starr offered no judgement on my skills, but instead offered words of advice for how to offer more clarity through the interview, what sentences may be easier for patients to comprehend, ways to go through the history, what questions may be important, etc.

From that point, I began to feel comfortable asking for help leading up to future encounters. I explained what I saw on the notes from the emergency department, discussed what questions may be more important to ask, and dertemined what physical exam maneuvers would be appropriate incollaboration with Dr. Starr. I always knew that if I stumbled at all through taking a history, he would be there to offer guidance and advise me post-encounters of best ways to improve my wording.

In March 2022, I recall a middle-aged gentlemen who entered the Emergency Department with concerns in regards to possibly having a kidney injury. Going through the interview, it was one of my first ones in which I was able to complete fully including asking pertinent questions and performing physical exam maneuvers. Post the encounter with Dr. Starr as we discussed possible labs and diagnosis', I recalled from the previous semester our discussions of needing to evaluate for Bordatella Quintanna, a microbe that could be in those enduring housing instability. This was one of the moments that felt the most gratifying in medicine, where I was able to correctly identify a more specialized lab test that should be ordered that he agreed. For someone who can be easily intimidated and scared to voice my thoughts, I think that Dr. Starr's support throughout the entire year is what offered me the confidence to even mention this.

While this is only some examples of many, I think these encompass Dr. Starr perfectly; supportive, attentive, and a strong role model. Throughout the year, there was never a point where I felt judged for how I did an exam, I only felt supported to grow. As I took on more skills to write notes and offer diagnoses throughout the year, Dr. Starr offered words of encouragement and was an excellent model of maintaining a growth mindset. Throughout the year I learned it is okay to be wrong and okay to voice your thoughts as a medical student because we are here to learn.

When I think of an outstanding preceptor I truly feel he exemplifies what students need in a preceptor.

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