

# SUE'S NEWS

## Feb 2019

Hello everyone,

Happy Belated Groundhog/Valentines/Family Day!

The Anglo-Saxons called February "Sol-monath" or "cake month" because cakes were offered to the gods during this month. Never mind the gods, this very human woman requires cake(s) on a daily basis and probably well beyond February. Read on ..



Remember that CPSA email I mentioned in the Jan issue? The one that created panic for many of us? Well of course it turned out to be notice of the MD Practice-Snapshot. An opportunity to reflect. Lovely. Section 3 CME credits too. Even better. So I settled down to read mine .. starting with Years since Graduation - 38. **THIRTY EIGHT!**

The 8th Law of The House of God states: They can always hurt you more. [HERE](#) So, so true. Seconds later an email from dear old AHS announces my Long Service Milestone (Headstone?) for 30 years of service.

I started medical school in England in 1975. Apart from some brief sabbaticals medicine has dictated my daily and nightly life and the lives of my family ever since. Studying, exams, being pre call, on call or post call. Sick, pregnant, depressed, it didn't matter, medicine called the tune. Only childbirth, breast cancer and a hip replacement took priority. So it's amazing to now have a job share that provides weekly time off. Time to have actual conversations, to read, to write, to think, to plan, imagine, dream, connect with old friends and meet new ones. To have enough time to actually live my non anesthesia life. Even time to consider cooking supper and exercising, but let's not get carried away here!

"Why the pursuit of money isn't bringing you joy - and what will" by Ashley Whillans explores time, money and happiness in the Harvard Business review [HERE](#).

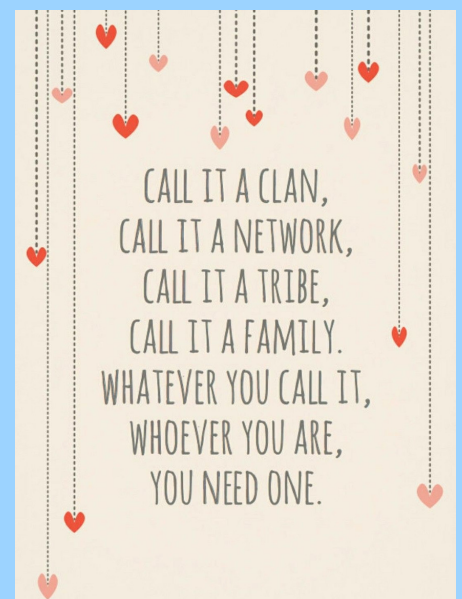
And in podcast [form HERE](#)

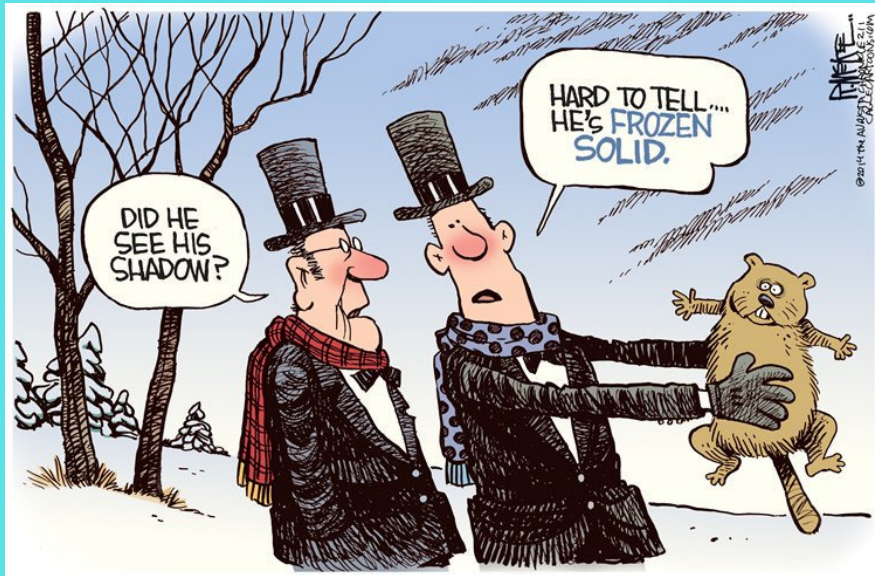
Issue #22 of the New Philosopher Magazine focuses on Time [HERE](#)



**We all have a "to do" list.  
We all need a "to stop doing" list.  
On the wards.  
And in life.**

Tweet by Dr Greg Bryson  
Anesthesiologist UOttawa



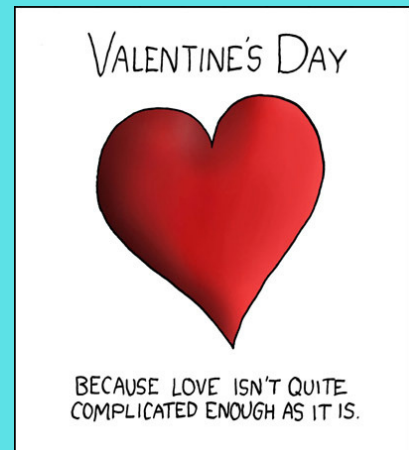


**Strength is the capacity to break a chocolate bar into four pieces with your bare hands .... and then eat just one of the pieces.**

Judith Viorst

**The reason life works at all is that not everyone in your tribe is nuts on the same day.**

Anne Lamott





# Sue's Views

We've all heard the question would you rather be happy or right?

In other words how do we pick our battles?

Is the energy expended worth it to me to prove this point. Sometimes yes, sometimes definitely no.

But here's a bigger question - **would you rather be respected or liked?**

Most of us would say both- it shouldn't be either/or.

But this is a very real issue for many women in medicine.

Behaviors are broadly described as "communal" or "agentic".

In our society communal traits/behaviors are traditionally seen as female and include interpersonal skills and emotional sensitivity. Male behaviors are agentic eg independence and assertiveness.

So what happens when one's medical role demands behaviors that are not ascribed to our gender?

The study below describes the lived stress and coping mechanisms used by female residents when required to depart from acceptable cultural norms of behavior.

Afraid of Being "Witchy With a 'B'": A Qualitative Study of How Gender Influences Residents' Experiences Leading Cardiopulmonary Resuscitation

Christine Kolehmainen, MD, MS et al. *Acad Med.* 2014;89:1276–1281

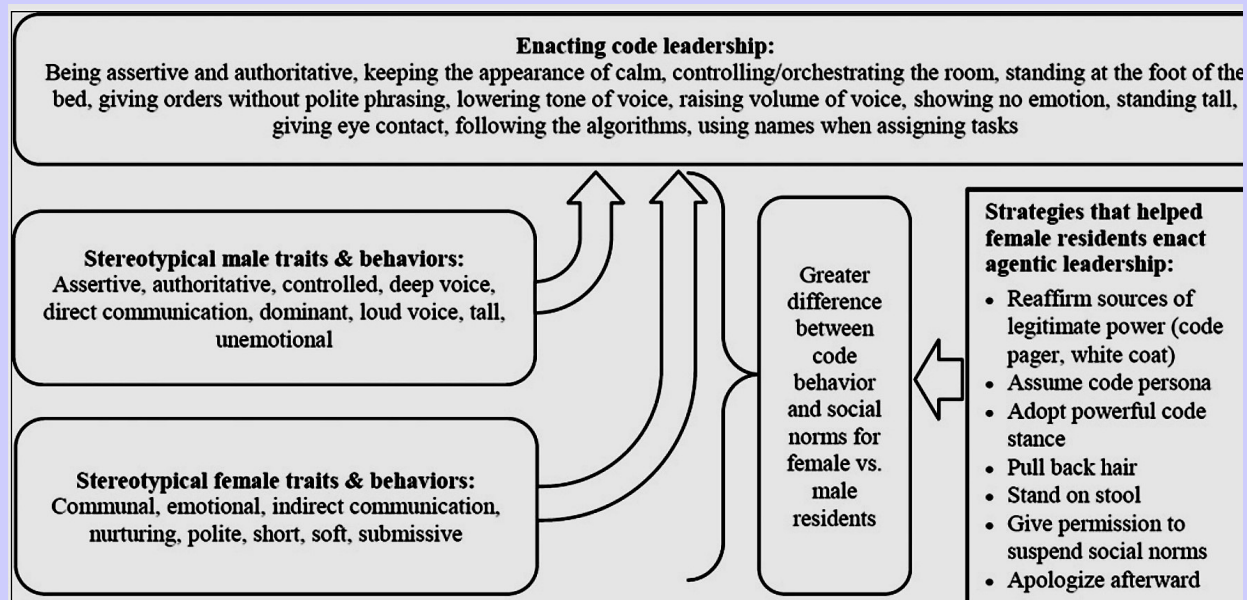


Figure 1

Conceptual framework for the role of gender in how internal medicine residents enact leadership during cardiopulmonary resuscitation ("code"), 2012–2013.

"Women are always afraid that they're going to come across as witchy with a "b"



# #HeForShe: Why it Matters to the Individual (and to Everyone)



<p><b>Role Congruity and Social Expectations</b></p> <p>♀ ————— ♂</p> <p><b>Nurturing</b> </p> <p><b>Caring</b> </p> <p><b>Cooperative</b> </p>	<p><b>Decisive</b> YES <input type="checkbox"/> NO <input checked="" type="checkbox"/></p> <p><b>Aggressive</b> </p> <p><b>Independent</b> </p>	<p><b>In order to gain complete parity, we need our male colleagues' aid.</b></p> <p><b>#HeForShe Tips</b></p> <ul style="list-style-type: none"> <li>• Call everyone doctor</li> <li>• Teach with understanding</li> <li>• Be thoughtful with evaluations &amp; letters of recommendation</li> <li>• Quell sexist talk &amp; conversation</li> <li>• Check in on your biases regularly</li> <li>• Provide an open invitation to women in surgery</li> </ul>	<p>In the end, #HeForShe isn't a personal issue or even a woman's issue—it's a <b>human issue</b>. Our patients deserve us at our best and our best is a working environment that not just accepts diversity but one that expects and demands <b>equality and acceptance</b>.</p>
<p><b>M   SURGERY</b> medicine.umich.edu/surgery/faculty-resident-life</p>		<p><b>Meredith Barrett, MD</b> Chief Resident   General Surgery January 14<sup>th</sup>, 2019</p>	

Continuing on this theme, the quotes below are featured in an excellent piece by Dr Meredith Barrett on the Michigan Surgery blog. She writes "In all facets of their day, female surgery residents carefully adjusted their actions, words, and body language to navigate a system historically tailored to men. Read the full article that accompanies the infographic [HERE](#)

I **self deprecate to seem less aggressive** when making clinical decisions or asking for things to be done.

I clean up stool in the OR. **Regularly.**

I spend a lot of time stressing out about/reviewing emails I write to **make sure I don't sound too aggressive** but at the same time I want to appear confident and taken seriously.

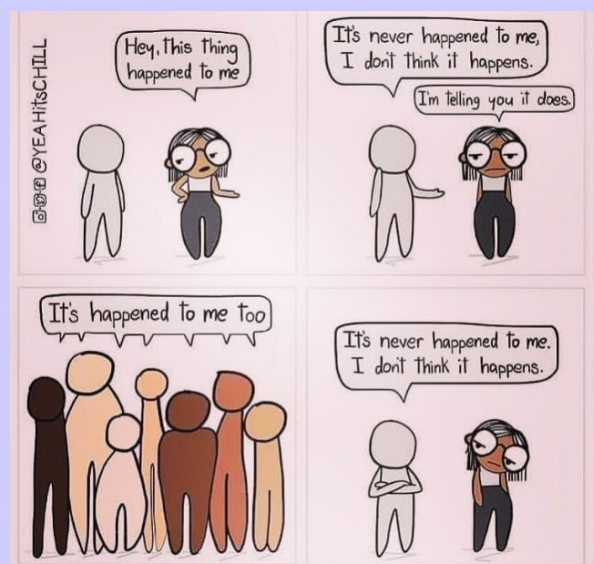
## DON'T MISS THIS VIDEO!

If you are a female physician or student you will probably identify with at least some of the previous statements. If you are male you may find it more difficult to do so. Which is why **Dr Nick Gorton's story** is so useful for all of us. As a gay, transgender doctor he practiced emergency medicine as a female physician before transitioning and continuing his career as a male ER doctor.

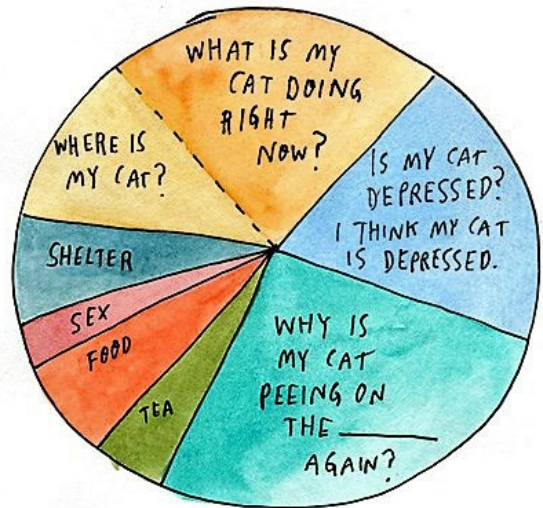
He spoke about his experience at FemInEm 2018. "It was like playing a video game on the expert setting, and then all of a sudden being allowed to play on easy."

Please watch the 15 minute talk [HERE](#) **\*\* F-word warning.**

Dr Albert Schweitzer is referenced in the talk. Many people do not remember him. Bio [HERE](#)



TIBBY



CAT OWNERS'  
THOUGHT BREAKDOWN

**In ancient times  
cats were worshipped as gods;  
they have not forgotten this.**

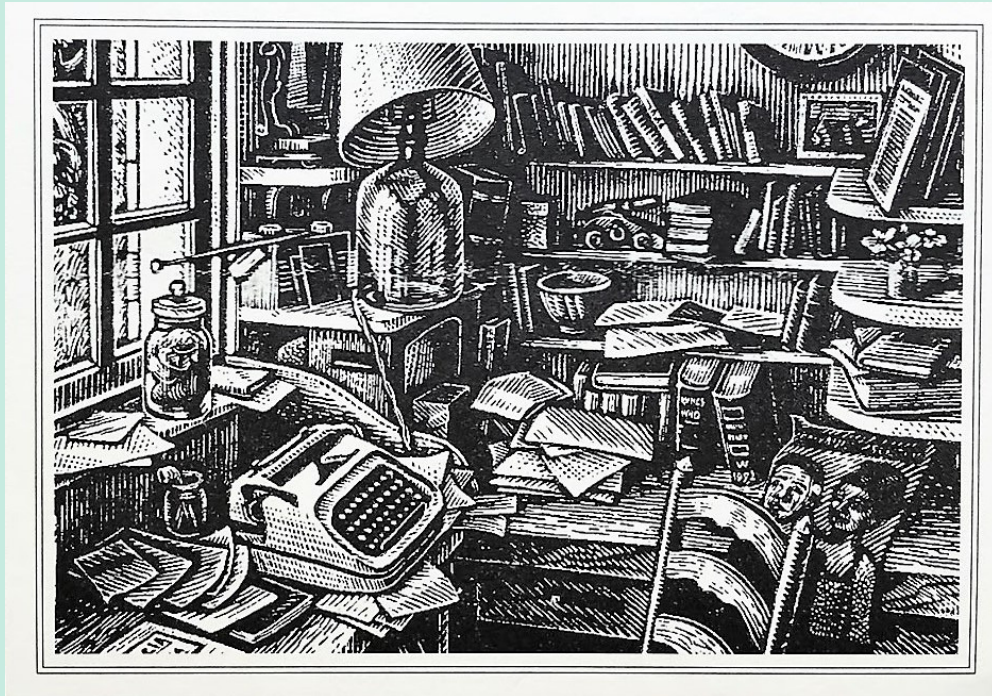
Terry Pratchett



Grumpy Cat Gavin Watson  
@HWarlow



Many years ago when I was considering abandoning medicine someone said to me I don't think anesthesia is the problem Sue, I think it's just TOO MUCH anesthesia.. I never forgot that.



## Work, Sometimes

I was sad all day, and why not. There I was, books piled on both sides of the table, paper stacked up, words falling off my tongue.

The robins had been a long time singing, and now it was beginning to rain.

What are we sure of? Happiness isn't a town on a map, or an early arrival, or a job well done, but good work ongoing. Which is not likely to be the trifling around with a poem.

Then it began raining hard, and the flowers in the yard were full of lively fragrance.

You have had days like this, no doubt. And wasn't it wonderful, finally, to leave the room? Ah, what a moment!

As for myself, I swung the door open. And there was the wordless, singing world. And I ran for my life.



**Instructions for living a life.  
Pay attention.  
Be astonished.  
Tell about it.**

Mary Oliver 1935 - 2019



**"International Women's Day March 8**

is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity." More details [HERE](#). #BalanceforBetter  
What is your group doing to mark the day?

Our Grey Nuns Hospital OR will be celebrating #IWD2019 together with Dr Shahina Braganza and her ER team at Gold Coast Health, Australia. Don't miss us on social media! Not sure we can live up to this epic example from Newfoundland ..but yes of course there will be cake!



Follow us on Twitter Friday March 8!  
@shahinabraganza @susanjeanreid



**Can you remember who you were,  
before the world told you who you should be?**

Danielle LaPorteder

Thank you so much for reading.  
Please share with anyone  
who might enjoy this.

All good things,  
Sue  
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