

My day as a PGY2:

I am currently finishing up my second year selective, which has been a very special month for me. As a second year, you have the opportunity to spend four weeks in an area of psychiatry that you are either curious about or are considering specializing in. As the name suggests, you are able to select amongst a variety of previously created selectives. However, I was allowed the chance to create my own selective of Reproductive Psychiatry/Women's Mental Health. I believe this is an accurate depiction of the flexibility at our program. My days have varied throughout the month depending on clinic location, as each site offers a unique experience.

Today, my morning began with a visit to the gym, which has been something I have been able to continue throughout the entirety of my training so far. This time to invest in my personal well-being, has sustained me throughout the challenges that come with residency.

I then arrived at our Women's and Children's Health Center, which is a co-located clinic on the east side of town, just prior to our 0800 patient. Here I see antepartum and postpartum women, with a variety of diagnoses, including depression, anxiety, and psychosis. The population is diverse and acuity varies. After completion of the morning, I headed to another location in the North Valley, where I participate in a multidisciplinary clinic, FOCUS. My day with antepartum or postpartum women continues, however here patients are generally of higher acuity and often there is a substance abuse component. At this clinic, psychiatry works alongside family medicine providers, pediatricians, and social workers, allowing women and their children/partners to receive primary care as well as behavioral health services. My day concludes around 1700, allowing my evening to be spent with my husband and our pets.

-Marquette Rose, MD, PGY-2