

## **PGY-2**

Howdy ya'll! I'm just starting my second year. As a second year, we spend two months on the Geriatrics Unit, getting exposure to ECT and TMS (if we choose). Much of the American population is aging, and we all should have some experience. Geriatrics is a field where you must make sure you've brushed up on your medicine skills because some of our patients need extra care and attention. Luckily, we work with a great medicine team and have APPs to help make sure everything is as it needs to be...

As an early bird, my day starts around 4:45 am. I get to the gym (I'm more of a doughnut) for a class or lifting session. I get back home around 6:30 am to shower and shave. I live really close to work, so I either walk or ride my bicycle (you want to always wear sunscreen in New Mexico!). I get to work around 7:45-8:00 am. The cook at the UNM Psychiatric Center (UPC) makes a bomb breakfast burrito. I pre-round on my patients and gobble breakfast down. I then see all the patients on the list until we round with the interdisciplinary team, usually PT/OT, social work, therapy, nursing, and my attending around. On certain days, I get to go with patients to see ECT/TMS. Not today though!

Today, I happen to have a presentation to do for the Crisis Intervention Unit (CIU). This is for my community rotation where I present a mental health topic (Suicidality & The Grey Zone) to the Albuquerque Police Department CIU team. It's a topic that they asked about when I rotated with them. By the time that's done, it's lunch time. If the cook at the UPS made Sloppy Joe's, I don't have a cow; I head over to the cafeteria at the Main Hospital and get some yummy sushi. I then run the list in the afternoon and check in on nursing staff to make sure everything is squared away. Depending on the activity, I might join the patients for a quick art session. I like to paint, too. Afterwards, I finish my notes and leave at 5:00 pm. At 6:00 pm, I head over to do hot yoga at a favorite studio for a relaxing end to my day.

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