

Alternatives and Additions to Practice

Topics in the Tropics 2018

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Disclosure

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TRIGGER ALERT





What am I going to do when I grow up?

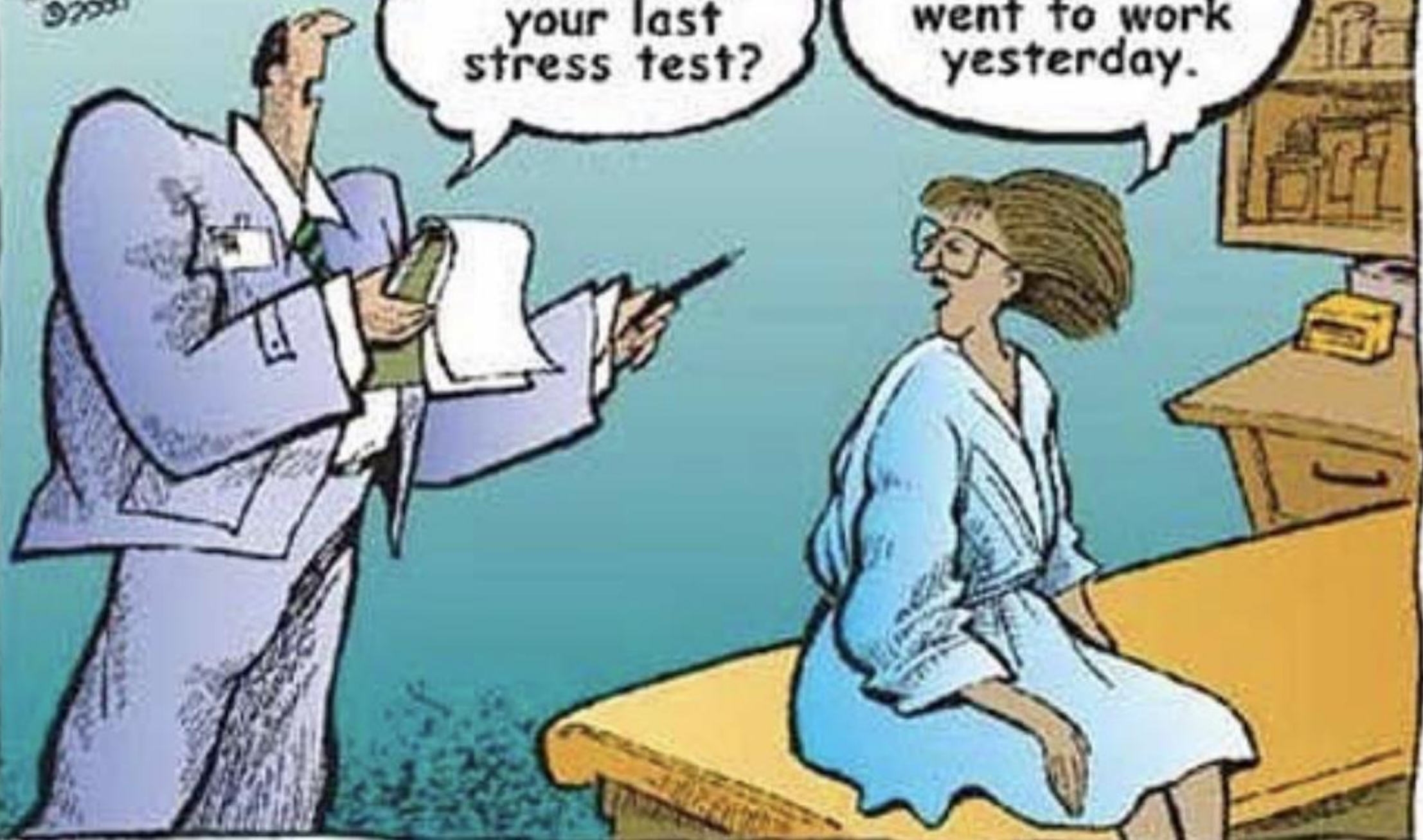


A reasonable question, right? I am, after all a PA. I am going to PA forever!!!!

Carolee
Simpson
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When was
your last
stress test?

Well, I
went to work
yesterday.



**HONESTLY, I DON'T EVEN HAVE AN
ACTIVE ROLE IN MY LIFE.**

Shit just happens and I'm like "Oh.
This is what we're doing now? Ok."



Academia



The Good

- Job flexibility
- Maintain clinical acuity
- You never get to old!
- Mentorship on many levels
- An outstanding network
- You will end up with an amazing wardrobe



The Bad

- Pay?
- More work than anyone thinks it will be
- Difficult to navigate the administration and politics
- Sometimes students suck worse than patients
- Holy s**t am I old!

The Truth

Very satisfying work

Ample opportunities

We really need veterans (leadership)

239 programs currently accredited, and 62 new programs

There are not *enough faculty*, so we just poach from each other

So how on earth would I even begin?

Chances are there is a program very close to you (www.arc-pa.org)

- Precepting
- Guest lecturing
 - one off
 - a whole block
 - physical exams
 - PA professional issues

Full time

Didactic

Clinical

Admin

Interviews

Why would I be a good choice?

I have never taught before. BS, of course you have!

“Hire for attitude, train for success!”

Do I have to be good at teaching? Not at first, but you can't suck!

I heard, that if you can't do, teach? If you can't do, quit. For God sakes, don't teach.

Do the students even care what I say? No. They are just going to google, youtube, sketchypharm, picmonic, or medcram their way through PA School. This is not the way you and I learned anything. As a matter of fact, these kids are way smarter than us, so why should I even do this???? Because you love a challenge and love when snotty 12 year old PA Students question you!

I promise, they think they can learn this, but then you tell them how it really is, and a light goes off, and they get it, and you feel, really, really, really good.

So what should I do again?

Prepare a one to two hour lecture on something you are really good at.

Add some general advice about life.

Say at least one funny thing (that is all that they will remember anyway).

Pick something you are really good at or passionate about. I promise, you will want to talk about it.

Practice it a few times.

Find a program, tell them you are an expert or some BS like that, and that you want to come in and give a lecture.

Go give a lecture. While you are there, talk to everyone you meet. Students don't care about the lecture as much as they care if they like you. Be kind of nice.

OK, so I didn't suck and they want me back?

They got their one chance to see the nice side of you.

If they want you back, the door is open.

As things become available (and they certainly will soon), the first people they are going to come to is the people they know and like.

I tried the lecture thing and I am pretty certain every student in the room fell asleep!

OK, so you sucked at that. It is not for everyone!

Precepting is another great opportunity.

Provide mentoring, leadership, good habits, a network.

Make easy money (you have to see the patients anyway)!

But, why?

1. We really need you, the whole profession needs you!
2. Believe it or not, being a preceptor makes you a better provider. You really can't shortcut when a young, naïve, vulnerable, weak-minded, student is looking up to you as the world's best provider.
3. It can save you time, increase your RVUs, improve your Press Ganey Scores, and help ease your stress level (unless the student sucks, then you just fail them and feel better that you

But you said the money was pathetic.

I did, but I lied a little.

- all salaries are negotiable.

- PA Programs need talent, and you are the talent.

- There are non-tangible benefits that are worth money (clinical release time, CME, travel, flexibility)

- Not all programs are created equally.

Research

www.paeaonline.org

www.higheredjobs.com

www.arc-pa.com



Free Clinic Work

The Good

You are providing medical care for those who really need it. If it is not you, it is no-one.

The patients are amazingly grateful.

Burn out is really low.

FTCA. Remember this. You should.

So you like autonomy, well you can have all of it you want.

You can work on your _____ language skills and become very proficient!

The Bad

The pay is amazing. And you can double or triple it every year!

So you like autonomy, you can have all of it you want!

You have to think like you are in the mob. "how can I get this done, if I can't get this done?"

The clinic is free, you are free, but guess who and what are not free?

- medications
- consultants
- tests

The Truth

Very satisfying work

Every little thing you do matters. The patient is not going to get care anywhere else.

You can be really creative.

So you don't like the EMR, coffee, front desk person, etc? Just don't do it.

So how on earth would I even begin?

Chances are there is a free clinic very close to you

<https://www.nafcclinics.org/>

<http://www.studentrunfreeclinics.org/>

http://www.massmed.org/fhcp_directory/#.XAswVyd7nOR

Why would I be a good choice?

As a prior military provider, you are used to working autonomously

Let's be real, if anyone can make a miracle happen out of nothing, it is you

Every person we add to the clinic roster allows us to take in 10-15 new patients

Maybe you are ready to retire, relax, and be done. Can you actually imagine that? No you can't, stop lying!

Did I mention the pay!

So what should I do again?

Find a clinic and stop by. Introduce yourself. You're hired!

Consider bringing a stethoscope with you to your interview. You can probably start seeing your new panel today.

Credentialing takes about a week in most cases. I know, seems like forever!

Is there anything else?

Not just for primary care

CME, interprofessional education, job potential (gain valuable experience in a new field)



Advocacy

The Good

High level networking

You are making a difference for patients and for PAs!

It is fun

You will learn things you never knew, but will help you in every day life

Fringe benefits!

The Bad

It takes time!

You have to commit, often way ahead of time

You can meet and work with some real “interesting people”

Often have to travel, stay late, stand around, be bored

You have to deal with people

The Truth

Almost no-one does this, but everyone expects it to be done.

If you want better practice, better pay, better conditions, more autonomy, or whatever, it take changing rules, regulations, legislation, forms, etc. This does not, despite most people's thinking happen by PFM. It takes legwork, perspiration, anger, politics, networking, and most of all it takes \$\$\$\$\$

So how on earth would I even begin?

Chances are there is plenty of work to be done, and plenty of places to begin.

1. Your state PA organization
2. Your current clinical organization
3. Local advocacy groups (AHA, ADA)
4. AAPA

Join as a member! Pay your dues.

Find out what they are already doing and what you can do to help. If they are not, think about what you don't like about your practice, and work to change it.

Why would I be a good choice?

You are a leader

You likely are an expert at making people do what you want them to do! I bet you are even better at this than you think!

You can likely get a crowd to follow you

It takes tenacity. You have and continue to “embrace the suck”

So what should I do again?

Know who your congressional representative is. Donate \$5 to their campaign.

Know who your senator is (better yet, know both of them). Donate \$5 to each of them.

Know who your governor is. Donate \$5 to them.

Add their e-mail address and phone number to your iPhone.

Find out who their staffers are. Meet with them and explain that you are a voting constituent. Tell them you are a PA and talk about that. Find out what needs to be changed in your state to make it better for PAs. Advocate for that.

Better yet, advocate for something else (tobacco 21, school lunches, exercise programs). In other words, let everyone know who you are, then when you come back for PA related issues, they know you.

Is there anything else?

You will fail, frequently.

Oh well, you will also get over it.

But when you win, you win. And it feels really good. And you won't stop talking about it.

Volunteerism & Service

The Good

You get to give a little back

You meet some amazing people

You get to buy a tuxedo and actually wear it, often

You get invited to really fun stuff (often as a VIP)

You get to speak in front of large crowds and engage with hundreds of people!

You often get to make high level decisions and affect real change.

The Bad

It takes time, lots of time!

The better you are, or the more you volunteer, the more you will get to do

You have to learn to become a philanthropist (you have to give away money)

The Truth

There is a stepping stone process in this regards

You might start volunteering at an event once a year, next you might be asked to coordinate part of the event, and a year later, you are running it. If you do that well, someone will definitely notice. Then they will ask you to help with their event. Next thing you are involved in three, four, maybe five events or organizations. You will likely become a member, then an officer, then the president, then the IPP, then the PE, etc.

The Truth

Do this often enough, and you will start to get noticed.

That sound like all give and no take?

Well, you did volunteer!

Why?

- Resume
- Network
- Board positions

So how on earth would I even begin?

What do you really like to do, besides PAing?

Do that.

Examples:

AHA

WaterFire

Operation Stand Down

Yacht club

Ronald McDonald House/Fisher House

Boys & Girls Club

Schools

Boy Scouts, Girl Scouts

Food pantry



Legal Work & the Professional Witness

The Good

You are looking out for PAs

You know how to protect yourself

It is incredibly challenging

Truly the best way to increase self confidence, public speaking, etc

The pay (\$500/hr)

The Bad

Lawyers

Lawyers

Lawyers

Lawyers

Plaintiffs

The Truth

If you have never been deposed, you really don't want to be

If you have been deposed, you really don't want to do it again

After the fourth or fifth time, you start to get it. And you get good at it.

You have to be good at practicing medicine

You have to be really confident

You have to come across as an expert

So how on earth would I
even begin?

You don't find us, we find
you.

Protect Yourself & Your \$

AmJay, LLC



Questions

“EXCELLENCE IS NEVER AN ACCIDENT; IT IS THE RESULT OF HIGH INTENTION, SINCERE EFFORT, INTELLIGENT DIRECTION, SKILLFUL EXECUTION AND THE VISION TO SEE OBSTACLES AS OPPORTUNITIES.”