
Mentorship in dermatology

Collin M. Blattner, DO,^a Karsten Johnson, DO,^a and John Young III, MD^b
Corvallis and Salem, Oregon

Key words: education; medical students; mentorship; personal stories; research; resident satisfaction.

Mentorship is an important part of becoming a physician. Mentors provide invaluable teaching and advice, and act as role models. Physicians who received mentorship are more likely to experience enhanced personal and professional development.¹ They are also more likely to engage in scholarly activity and demonstrate increased interest and productivity in the form of posters and manuscripts.²

Students interested in dermatology should pursue research opportunities early in their undergraduate medical education. It is not uncommon for students to contact local dermatologists and those in academic settings to inquire about shadowing and research opportunities. These physicians should be thought of as prospective mentors.

If you are fortunate enough to be given a project, complete it in a timely manner, ensure the work is grammatically sound, and establish clear expectations to decrease the risk of miscommunication. Common mistakes include failing to provide a cover letter, title page, and references in the correct format for publication. Being conscientious leaves a good impression and leads to more opportunities.

After finding a mentor, it is important to respect time constraints and ground rules should be agreed upon early. Talking over the telephone or communication via e-mail is often needed for relationships to thrive. Students should be aware of a mentor's practice, research, and family responsibilities. Most importantly, both parties should have a mutual respect for the other. As an added benefit, previous studies have reported enhanced teaching on the part of the mentor that may be fostered by mentor-mentee relationships.¹

Multiple studies have documented that a significant number of young physicians do not have a mentor through training and their early career.³⁻⁵ Students who receive direct mentorship are more

likely to incorporate research or scholarly based activity into their career.⁶ This leads to an appreciation of evidence-based medicine, which makes physicians more likely to incorporate this into practice.³ Moreover, the process of writing and publishing promotes essential critical thinking skills.

Mentorship opportunities for dermatology residents are needed. Most dermatology residencies are small, which poses a unique challenge when trying to develop numerous areas of interest. A technology-driven solution to the problem is long-distance mentoring that can be as simple as an e-mail exchange and a monthly telephone or video call.⁷ Mentorship is associated with increased resident satisfaction during training and can positively impact both mentor and mentee.⁸ Numerous organizations have established programs to support the next generation of dermatologists (Table 1).

Dr John Young III, Program Director of Silver Falls Dermatology in Oregon, recently recounted some of his experiences as a mentee and mentor. There were 2 influential mentors in his early career; "the first was Dr Dirk Elston, who embodied a vast amount of knowledge and had the ability to share it in a positive, easy-to-understand manner." Dr Elston was known to say that, "It doesn't matter if you've never seen it, you need to know it." In dermatology this is especially important because many diseases may never be encountered but must be mastered. His second mentor was Dr Ronald Grimwood who "exemplified an aura of statesmanship, expertise, and humility." His approach to teaching "left one feeling calm, informed, and curious." By combining what he learned from his mentors, Dr Young takes a historical perspective when teaching to increase retention through positive reinforcement.

In conclusion, mentors leave a legacy that can be passed on to future generations of dermatologists.

From the Good Samaritan Regional Medical Center, Corvallis,^a and Silver Falls Dermatology, Salem.^b

Funding sources: None.

Conflicts of interest: None declared.

Reprint requests: John Young III, MD, 1793 13th St SE, Salem, OR 97302. E-mail: jyoung@silverfallsderm.net.

J Am Acad Dermatol 2015;73:1067-71.

0190-9622/\$36.00

© 2015 by the American Academy of Dermatology, Inc.

<http://dx.doi.org/10.1016/j.jaad.2015.09.036>

Table I. List of dermatology leadership and mentorship programs

Sponsoring society	Program	Description and goals	Target demographic	Contact
AAD	Diversity Mentorship Program	Offers 160 h of mentorship during the course of 1 mo of hands-on exposure to students who are interested in learning more about the specialty of dermatology through a one-on-one mentorship experience with a dermatologist of the student's choice	First- through fourth-year medical students who are considered to be underrepresented in dermatology	Tina Matillano timatillano@aad.org
AAD	JAAD Editorial Mentorship Program	Designed for young physicians who are interested in developing critical appraisal and editorial skills. The program lasts 1 y, beginning and ending with the AAD Annual Meeting. Mentees review up to 12 manuscripts during the 1-y program. Program participants are expected to complete an evaluation upon completion of the program	Must be a member of AAD in good standing and <10 y since completing residency or fellowship	Jaime Campbell-Kraus jcampbellkraus@aad.org
AAD	ADLP	Year-long program available to assist academic dermatologists who have expressed a strong commitment to the field and are recognized as emerging leaders in academic dermatology. ADLP provides management and leadership training for the academic career path and includes the Leadership Forum, other on-site leadership training sessions, and the opportunity to work with a mentor for the year	Early-career dermatologists (within 8 y of completion of residency training)	Jaime Campbell-Kraus jcampbellkraus@aad.org
MDS	MDS Mentorship Program	Foster interest in careers in medical dermatology, especially in the care of patients with serious dermatologic disease. Participants spend 1 mo at an institution under the direction of a senior MDS member. Provides up to \$2000 for direct expense reimbursement	Residents, postdermatology residency fellows, and junior faculty	Robyn Cipolletti sidnet@mds.org

Download English Version:

<https://daneshyari.com/en/article/6071037>

Download Persian Version:

<https://daneshyari.com/article/6071037>

[Daneshyari.com](https://daneshyari.com)