

# Strategies for Enjoying Life as an ED Doctor

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Medical Director, Assistant Professor, and some other stuff

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# THINGS I DO WHEN I AUSCULTATE



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Pt. stated that I should "Go F#@\$ myself, and die."

Will continue to monitor.

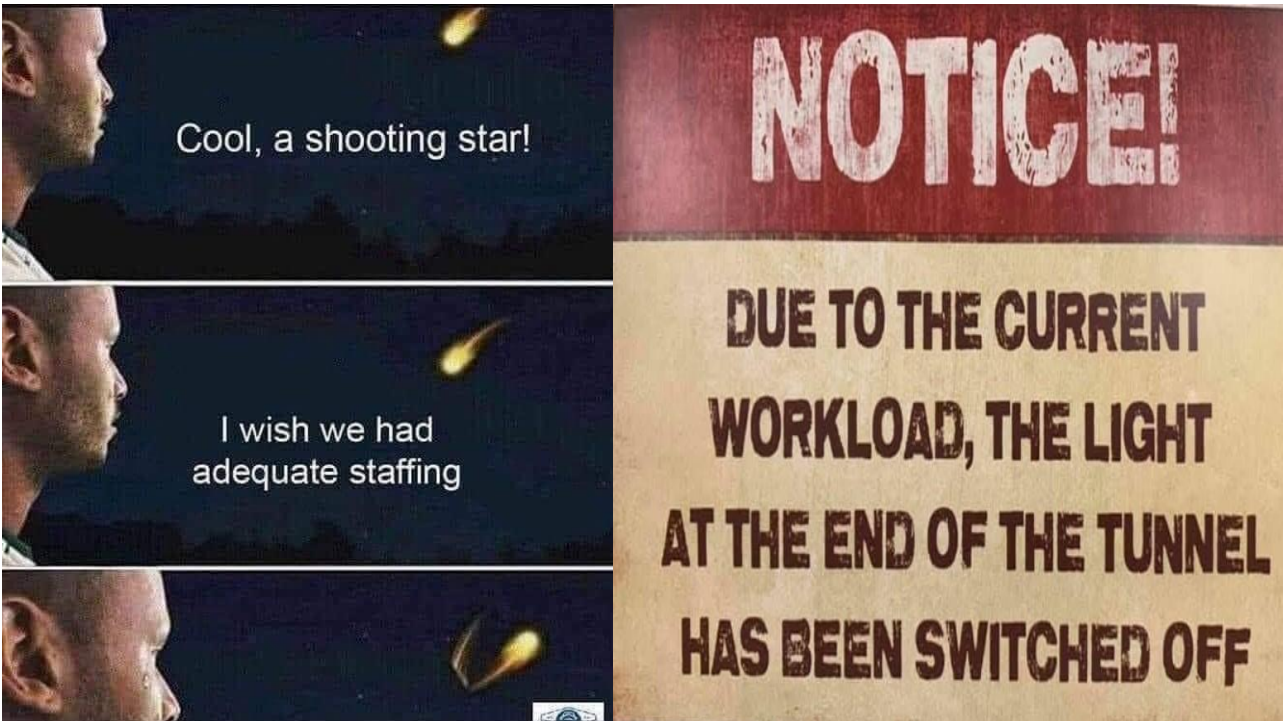


som<sup>ee</sup>cards  
user card

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97.4F is totally a fever for me	I can't be sick right now because I have to take a test	Is my bone fractured or just broken?	I never had a positive pregnancy test with any of my 7 child so I need bloodwork	I don't have high blood pressure anymore now that I'm taking 4 antihypertensives
I decided to come in early to nip it in the bud	You should be able to look up my medications in my chart	I know I need an antibiotic because I'm an EMT and I understand medicine	I'm allergic to erythromycin because it makes me throw up	I get this illness every [current month]
My doctor says I get walking pneumonia easily	I have a really high pain tolerance	FREE SPACE	I don't know my surgeries because they're all in my file	I'm pretty sure it's Lyme disease
Since my cough is still here after 2 days I thought it had to be something serious	His third cousin is allergic to penicillin so we don't use it with him	I swear I fell on it!	I'd rather be in childbirth than deal with this hangnail/knee pain/tennis elbow	Zithromax doesn't work for me because I'm immune to it
Nothing hurt after the accident but I thought I should get checked out anyway	I'm in 12/10 pain	I know my body	My pseudoseizures are acting up so my neurologist told me to come here	But I don't ever get sick

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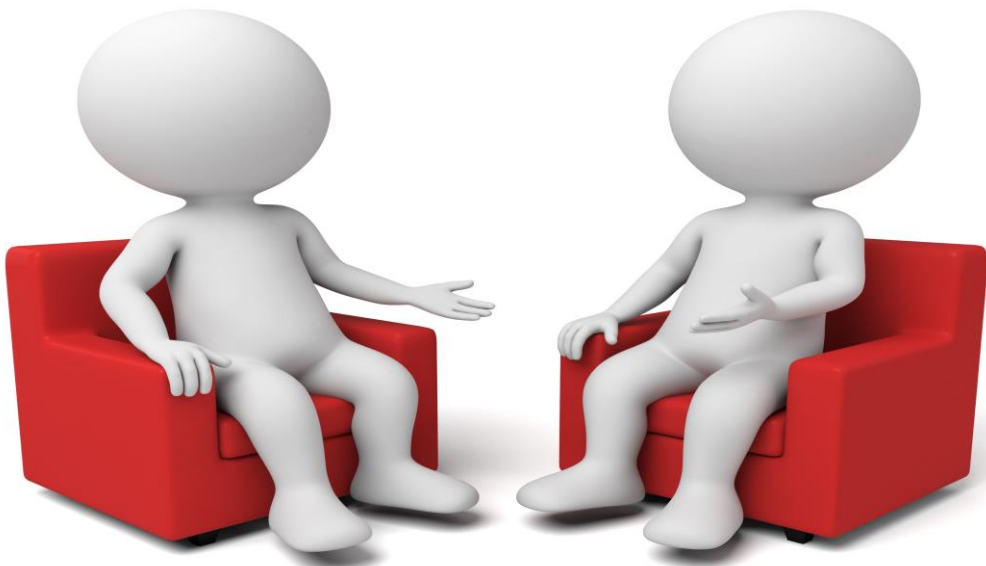
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# The GOOD LIFE in 5 easy steps



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## Step 1



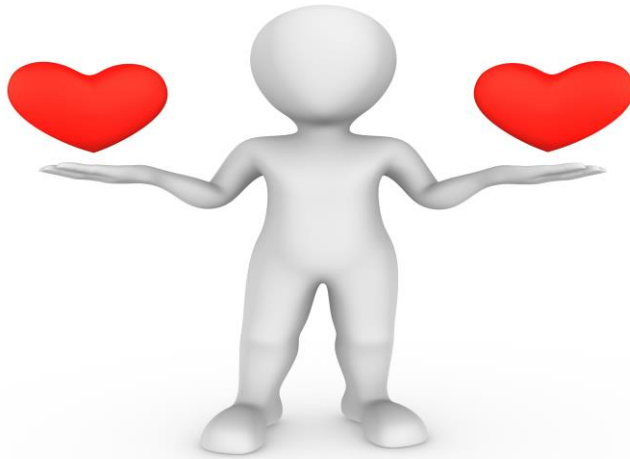
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# Step 2



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# Step 3



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# Step 4



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# Step 5



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# Eliminate

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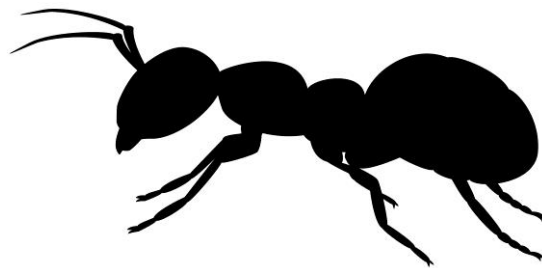


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# **Eliminate Automate Delegate**

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## **Automatic Negative Thoughts**



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# Minimize

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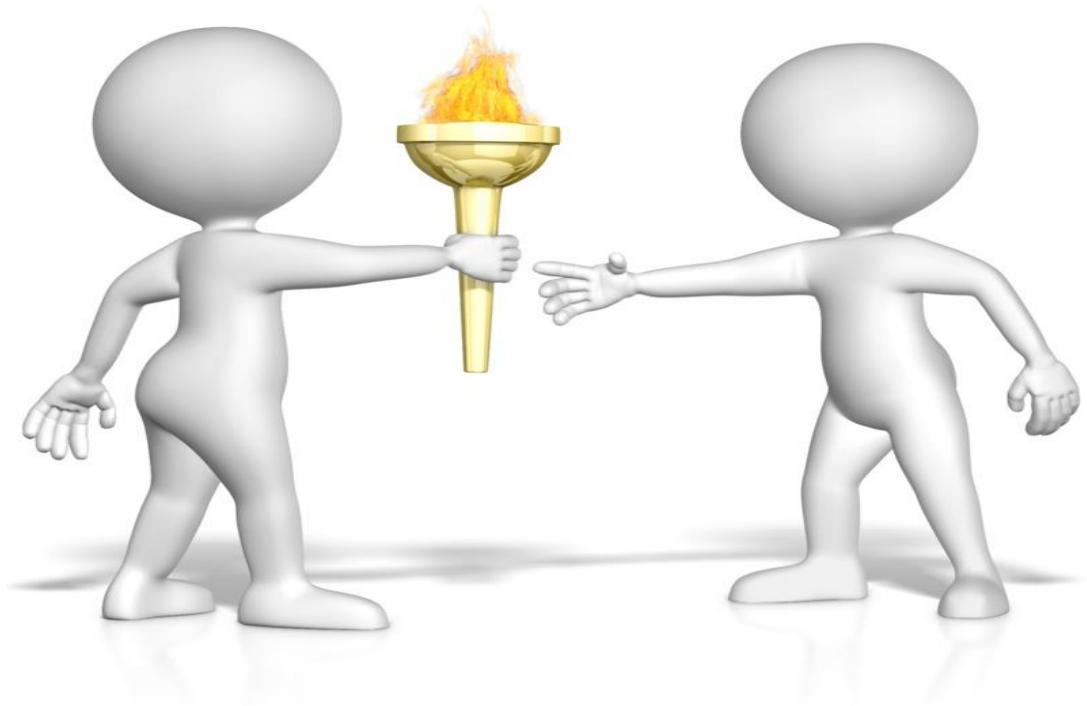
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# People (5)

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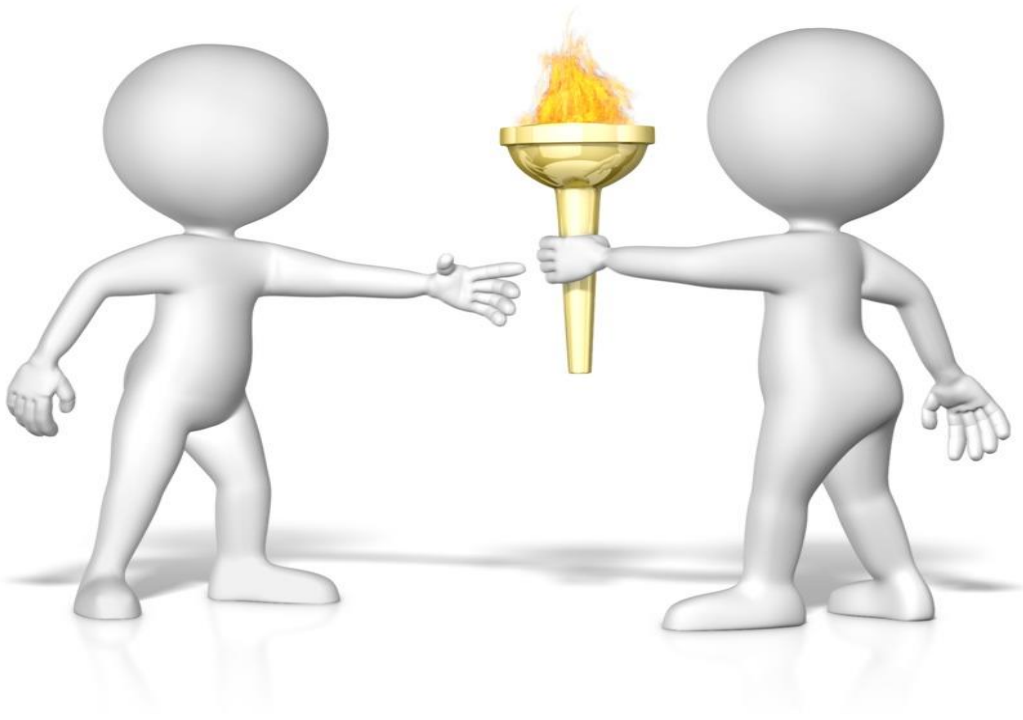
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# Thankfulness

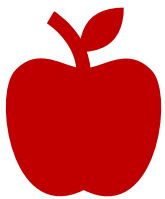
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# You

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