



## A Day in the Life of an MSBI Psychiatry Resident

### A Day in the Life of a PGY-1 Resident

#### Quentin “Que” Reynolds MD (Current PGY-2)



Hey ya’ll! My name is Que “Q” Reynolds, and I am a psychiatry intern at Mount Sinai Beth Israel. In our first year, there’s a lot of “firsts” and everything is brand new – like our jackets and paychecks. The first year is very important because, even though you are an intern, you’re filling a huge role in a team with your fellow PGY-1s, and helping run the psychiatry and medicine services at MSBI. At least one of the thirteen of us are in the hospital at some point during the 24-hr day but don’t let that scare you! We collectively cover the two adult services (8B and 6K), the Comprehensive psychiatric emergency program/CPEP or Psych ED, General psychiatry at the Bronx VA (optional), the Night Float service, and the medicine services all which all intermingle with each other during a normal workday.

As of now, I just finished my first two-week stint of Night Float and after enjoying a nice staycation (thanks to COVID-19), I joined my co-residents on the 6K Adult Psychiatry Service. This service is located on the same unit as the Geriatric service, so we get to work with some of the PGY-2’s too which is nice. Each service also has a chief resident (a PGY-4) who acts as your “practice attending” – the person you can run medication plans by, get some needed feedback about your interviews, help you triage your workload, and they cover our service while we are in didactics on Wednesday afternoons so we can take a break while we learn.

I actually live outside of Manhattan, in Bushwick, in an amazing apartment that’s extremely close to the L and M lines that take me straight to MSBI. My commute from my apartment to the hospital door is roughly 30 min. I wake up around 6:00 or 6:30 am depending on what time I go to sleep and I usually grab a light snack (coffee, fruit and a protein shake) on my way out the door around 7:20. I like to listen to some news podcasts or catch up on some audiobooks during my commute. Around 7:30, I’m getting overnight report from my fellow PGY-1 who’s now on the Night float service. By the time I’m off the train and walking up to the hospital, I have all the information I need to start the day. I typically make it on the unit right before 8:00 am, and I’m pre-rounding and chatting with my other co-residents and medical students until sitting morning rounds at 8:30 sharp. On my unit, we have the same attendings every day, so you get really good at learning their tendencies and picking up on their interview and management styles. It’s really great when you can start to incorporate their expertise into your own style and get your work done more efficiently. You really start to feel like your own psychiatrist when they inevitably let you take the lead on cases. It’s really interesting seeing all the complex and different ways that mood and thought disorders can present.

We break off after rounds, see our patients, and while in the PGY-1 office, chat about everything from new places to get takeout for lunch, new tv shows or podcasts, or what we are going to do that weekend. We always take a break for lunch, and sometimes, one of our attendings will bring us snacks during a small didactic about DSM diagnoses or other clinical pearls. I typically try to have my work done or near-completion around 3:00 pm, which is when we “run the list” on our



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patients with our attending. I spend my last hour or so checking orders, updating the sign out chart and checking in with patients and our wonderful nursing staff making sure they have everything they need. I sign out to the A resident-on-call (another one of my fellow co-residents!) around 5:00 pm. Some days I leave right on time, other times I stay behind for a few minutes to chat, set up some things for tomorrow, or help out, but all in all, I'm back on the train and home by 6:00 pm. I do a quick 30-45 min workout to decompress, take my two dogs on a walk around the neighborhood, and then I'm watching Netflix or Hulu and eating dinner with my wife around 8. On the weekends, I'm usually not at the hospital and I'm definitely not home-- I'm out exploring the other boroughs with my co-residents. There's always at least one other person who's free and trying to do something spontaneous in NYC and with social distancing! I can't imagine doing my first year of residency any other way, with some of the best psychiatrists, in the greatest city in the world!

## A Day in the Life of a PGY-2 Resident Amit Patel MD (Current PGY-3)



Hey all! My name is Amit Patel, and I am a second year psychiatry resident. This is the year we develop a greater depth of understanding in psychiatry and learn to take more agency in caring for our patients. We cover inpatient addiction and geriatric units, the psychiatric emergency room, the consult-liaison service, intensive outpatient modalities (ECT, Assertive Community Treatment), as well as a broad range of electives.

I'm currently working in the CPEP, or Comprehensive Psychiatric Emergency Program. It's a fast-paced environment where we have a steady stream of diverse patients. While it may sound intimidating to manage everything from decompensated chronic schizophrenic patients to college students in acute crisis, the close guidance from our attendings and seasoned nurses guarantees you'll never feel overwhelmed. In the CPEP, you have the opportunity to master a wide range of diagnostic skills and short-term interventions. Above all, you'll learn the importance of triage and the roles of various providers across the psychiatric care spectrum.

I live in resident housing across from Mount Sinai West. It's a short commute, and if the timing works out, there's a shuttle to and from Beth Israel. My day starts at 6 with a morning workout of yoga and calisthenics. I cook myself some breakfast, read some news, then head out and catch the 7:30 shuttle. Days run from 8 am to 5 pm, with the busiest part of the day usually being 8-10 and 2-5. We work with a wide range of attendings who all have their own unique style and systems, so we quickly get a good idea of what sort of techniques we want to bring into our own practice. For me personally, I learned how to be more commanding and authoritative in the CPEP, which was absolutely essential to balance my natural tendency to stick with friendly warmth. Whatever your style is, you're guaranteed to learn balance in the CPEP.

Wednesdays are didactic day from 1-5, so I break off and learn how to master my craft in a more formal setting. The CPEP resident is on call from 5-10 pm on Wednesdays, so after class, I hop



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back into the rhythm. With the assistance of our wonderful Nurse Practitioner, Jaime, on Wednesdays, call can actually be a lot of fun. I enjoy the challenge of being the first-line psychiatry expert in the hospital, and where my experience falls short, there's always an attending in the ED to call for back-up.

Outside of Wednesdays, I get to soak up the cultural glow of New York City. Our residency class is close, so we always plan for Tuesday Happy hour (appropriately socially distanced of course). Outside of that, there's always something new to eat, drink, see, or wander through, and always someone up to experience those things with you. I always thought New York would be overwhelming, but thanks to the culture of overwhelming support from our program, it's been a fun and amazing experience. I can't imagine finding a program more perfect for me than MSBI.

## A Day in the Life of a PGY-3 Resident

**Alexandra Hamlyn MD (Current Child & Adolescent Psychiatry Resident at NYU)**



Hi! I'm Alexandra Hamlyn, a third year psychiatry resident at Mount Sinai Beth Israel. Our third year of residency is spent solely in the psychiatric outpatient clinic where we care for both children and adults. In addition to medication management patients that we treat, we also have psychotherapy patients who we see weekly. Therapy is a crucial skill to learn, and we are exposed to a wide range of psychotherapy techniques that we are then able to apply clinically with our patients. Third year is an incredible experience as it allows you to develop your own clinical style. This year gives you significant autonomy while still having individual supervisors to help guide you in your training.

My day usually starts around 6:45 a.m. when my alarm goes off. This holds true unless my dog, Grace, wakes me up earlier deciding she wants to play. After spending a few minutes playing with Grace, I head to the gym in my building for about an hour. A bonus of working in the outpatient clinic is that your workdays usually start around 9 a.m., so you have some of the morning to yourself! I head to Grand Central Station around 8:30 a.m. and catch the express train to Union Square; I grab myself a Starbucks coffee on the way and get to the clinic by 9 a.m. After I arrive to work, I stop in and greet some of my coworkers before settling into my office. Having your own office is a right of passage in our residency, and it's really exciting to decorate your office in your unique style!

I start the workday by listening to any voicemails I received overnight, seeing some of my follow up patients, and refilling medication requests. After seeing a couple patients, I head to lunch with my co-residents. We usually gather lunch and eat together in the park next to the hospital. My coworkers have become some of my best friends in the city. It's wonderful to be able to connect throughout the day, and we are an essential support system to each other. I typically see around five medication management patients a day, which leaves ample time for different didactic sessions, psychotherapy patients, and my other interests. There are plenty opportunities here to



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get involved in different committees and research. I am particularly interested in resident wellness and currently working on a project with our program director, Dr. Safin, which aims to identify a relationship between administrative burden and resident burnout. I work on my research for a short time and see another patient or two. Depending on the day, I'll also check in with one of my supervisors to discuss any intricate patients I've recently seen. My workday ends between 4:30 and 5 p.m.

After work, I pick up dinner from my favorite poke place and spend my evenings with my husband and our dog. We typically can be found exploring the city, seeing a Broadway play (pre-COVID), or binge-watching a different television show. You only have two call shifts during the PGY-3 year so you essentially have all of your evenings and weekends free. This gives you ample time to take in what many say (and I agree) is the greatest city in the world! Even during pandemic times, New York City has so much to offer. On the weekends, I'm either having picnics in Central Park with my coworkers or finding a new outdoor restaurant with my husband. Overall, I can't imagine a more welcoming and encouraging residency program. I have no doubt that my training at Mount Sinai Beth Israel has exposed me to an unparalleled variety of patients and different presentations of psychiatric conditions. The Mount Sinai Beth Israel family has not only given me so much confidence in myself as a clinician, but it has helped shape who I am as a person. I will always be so grateful I was able to train in this city and in what I think is one of the best residency programs in the country.

## A Day in the life of a PGY-4 Resident

**Carmen Leung DO (Graduate: Currently an Attending at the NYU Sunset Terrace Outpatient Clinic)**



Hello and welcome! My name is Carmen Leung and I am a fourth-year resident here at Mount Sinai Beth Israel. This year, I work mostly in our outpatient clinic with some inpatient and CPEP senior rotations coming up later in the year. I also am currently rotating at Baruch College one afternoon a week doing medication management for the Counseling Center as well as taking on the role of the CBT lead resident. Last year, I really found my passion in our outpatient clinic managing my own caseload, getting to know each of my patients on a deep level, and utilizing therapeutic modalities to further help my patients cope with difficult times. I look forward to working in an outpatient setting after graduation. During the COVID pandemic, my days are usually spent working from home, though I always have administrative and senior duties that require me to be in the hospital, located at 1st Ave and 16th St.

My day starts around 8am, when I wake up and make myself a cup of coffee while I review my schedule and catch up on emails. I usually see 1-2 patients before mid-morning when I have most of my didactics and supervision scheduled. We have amazing individual supervision for medication management and long-term psychotherapy, as well as group supervision for CBT and family therapy. We also have Grand Rounds and didactics in LTP and professional development which have been great in helping us determine and pursue



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the next steps in our attending career. In the afternoon, I usually see another 3-4 patients and finish paperwork before the day is over. As the CBT lead resident, I act as a liaison between our CBT supervisor and the 3rd year residents, who are starting their therapy experiences. I help problem solve day-to-day issues like recording sessions, providing learning materials, and helping them connect with their patients if needed. I have also provided nuts and bolts didactics and small group discussions to the 1st year residents. I'm looking forward to the rest of the year where I will also have duties leading the teams on the inpatient units and helping supervise intakes in our outpatient clinic.

My days usually end around 5pm. Three nights a week, I moonlight at a local community clinic in Chinatown, though it has been entirely through telehealth since the pandemic started. This has allowed me to experience how other clinics are run as well as network for a possible career post-graduation. After I finish my moonlighting duties, I usually relax by video chatting with my friends, playing virtual board games, and having virtual movie nights. I miss a lot of things that I haven't been able to do since the pandemic started, but I am very fortunate that I have a supportive work family to help me through these times and am optimistic that I will be able to experience NYC again once it's safe. I especially appreciate that our program has not allowed the pandemic to affect our future prospects and consistently encourages us to pursue our interests and help us connect to resources for the next phase in our careers.