

ARANS

Association of Residency Administrators in Neurological Surgery

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ARANS President 2019-2020

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IMPACT

YOUU

im·pact

noun

1. the action of one object coming forcibly into contact with another:

"there was the sound of a third impact"

synonyms collision, crash, smash, clash, bump, bang, knock, jolt, thump, whack, thwack, slam, smack, contact

verb

1. come into forcible contact with another object:

"the shell impacted twenty yards away"

synonyms crash into, smash into, collide with, be in collision with, hit, strike, ram, smack into, slam into, bang into, cannon into, plow into, meet head-on, dash against

2. have a strong effect on someone or something:

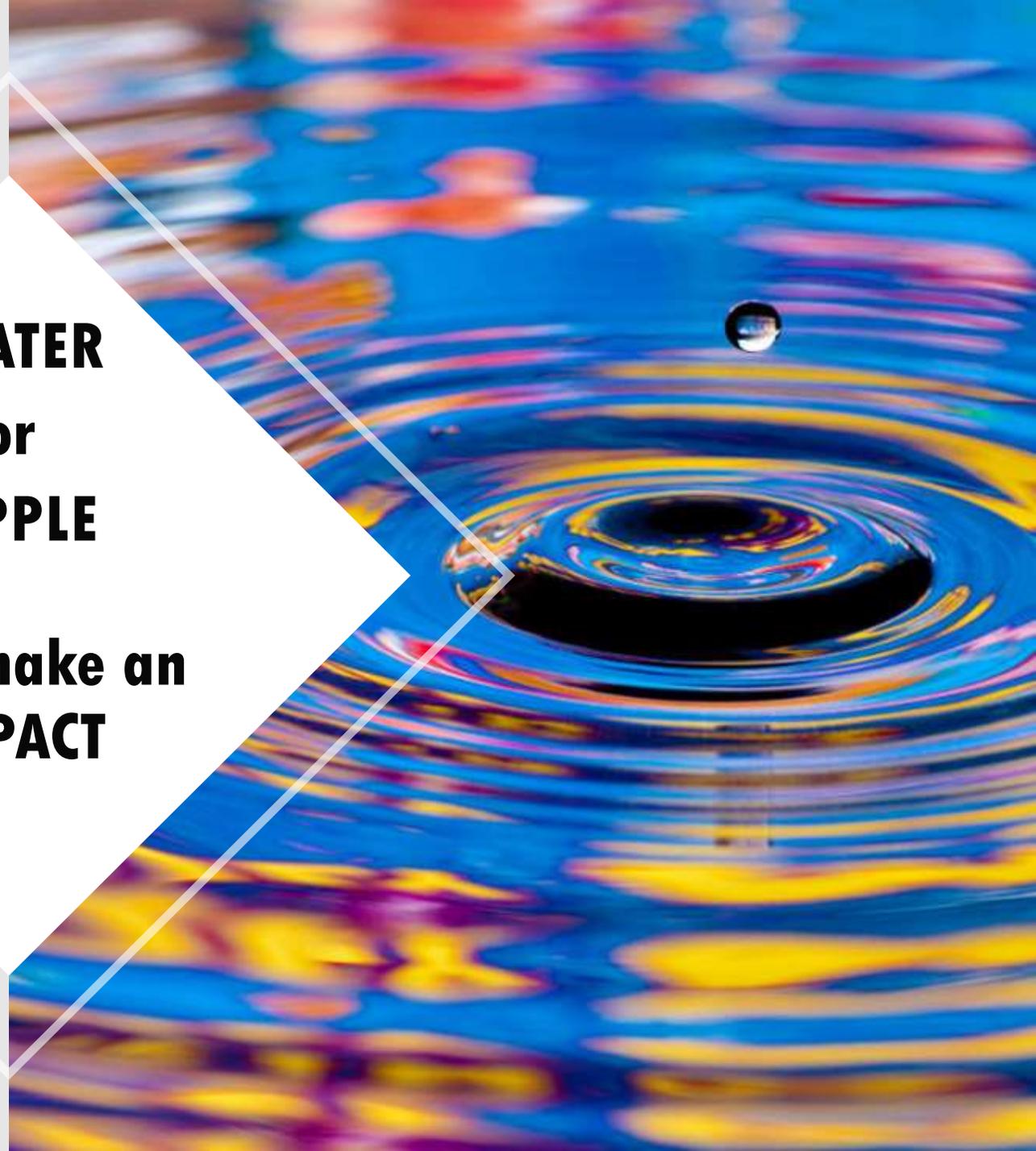
"high interest rates have impacted on retail spending"

synonyms affect, influence, have an effect, have an influence, exert influence, make an impression, act, work, strike, hit, touch, change, alter, modify, transform, shape, control, govern, determine, decide, sway, bias



CRATER
or
RIPPLE

Both make an
IMPACT



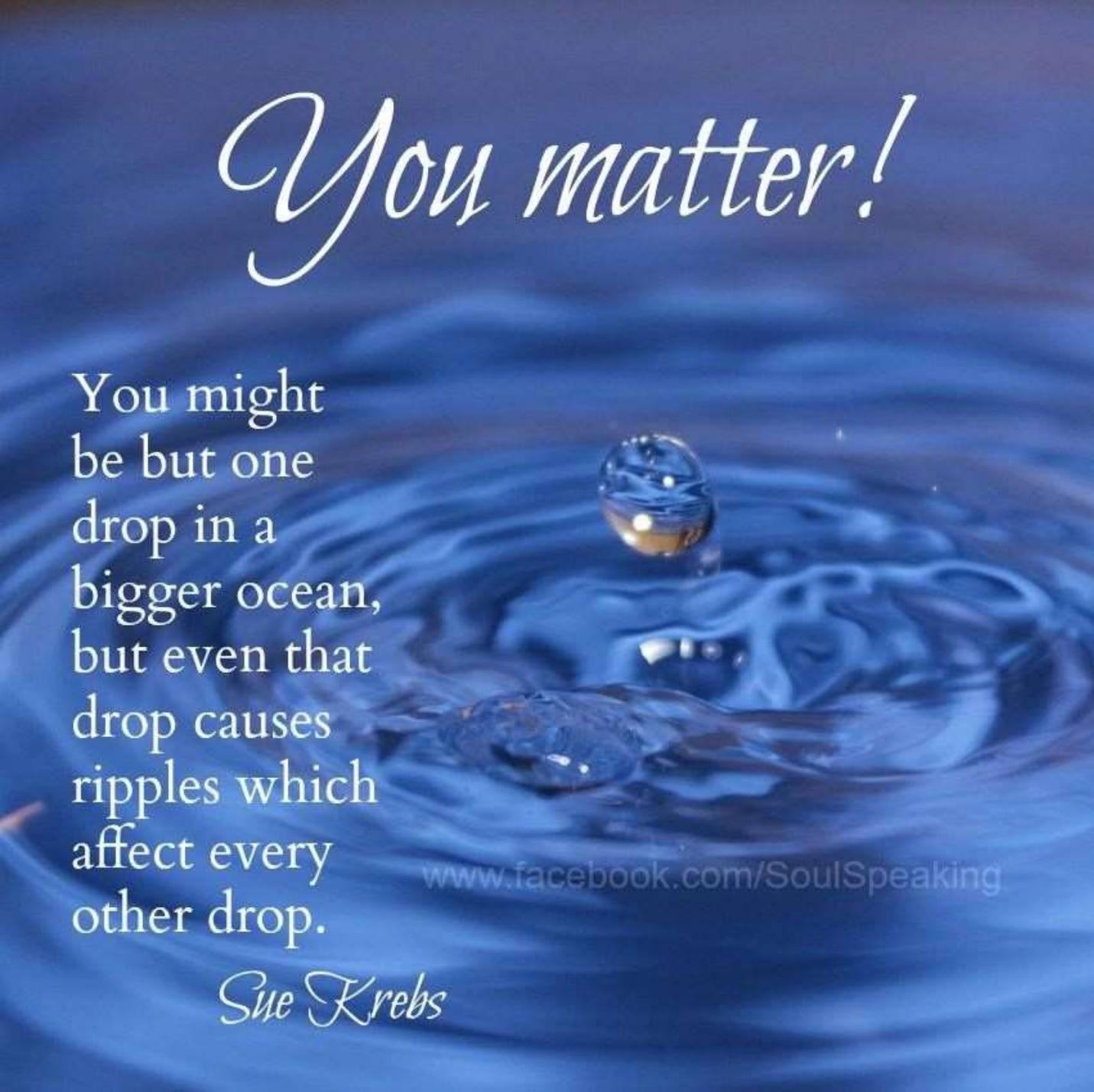
Job burnout is a special type of work-related stress — a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity.

Job satisfaction can reduce burnout.

- **Understand your work's significance.** Think about how whatever you do helps other people or contributes to society. *What impact are you making?* Perceiving the value of your work can increase your job satisfaction.
- **Help others at work.** Making extra efforts to help clients or co-workers can make your work feel more meaningful and increase your job satisfaction. *Each person you help or impact goes on to impact others...the ripple effect!*

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/job-satisfaction/art-20046539>



You matter!

You might be but one drop in a bigger ocean, but even that drop causes ripples which affect every other drop.

Sue Krebs

www.facebook.com/SoulSpeaking

**DON'T EVER
UNDERESTIMATE THE
IMPACT THAT YOU
MAY HAVE ON SOMEONE
ELSE'S LIFE.**
INSTAGRAM - THEGOODQUOTE

EXAMPLE: Colleen Bruton

Colleen is that cog wheel in the middle of our department, without whom, the entire program would likely come to a screeching halt. Though she has the title of "program coordinator" at UCLA, she has filled so many other roles within our department through the years, seamlessly organizing all aspects of our professional, academic, and social lives. **To the residents, she is the neurosurgery department;** she is our safety net, our greatest ally, ever-patient, ever-present, always responsive, and somehow always juggling the overwhelming needs and requests of all stages of neurosurgery resident, without ever dropping a ball. On top of ensuring that our various licenses are up to date, our 5 hospital clearances are in order, our health and training requirements, case logs, and work hours are complete, and our white coats are clean and available for clinic (amongst many other things), she always finds a way to add a personal touch that goes above and beyond the boundaries of her work responsibilities. Whether it is getting the women in our program fitted lead aprons to minimize radiation of the chest during fluoroscopy, to offering to help with resident initiatives including medical student outreach events, to helping us navigate insurance options, to remembering all the small details in our lives that shape our identity, she is always there for us, and she always shows she cares. We are extremely fortunate to call Colleen Bruton our Program Coordinator; the care and organization with which she executes her work is apparent, and there is nothing, given a little time, that she does not know or cannot find out. We do not, and perhaps cannot, thank you enough for how much you shape and improve our lives on a daily basis Colleen. But regardless, we thank you for yesterday, for today, and for the future; for being **our rock, our advocate, our support system, and our friend.** ~PGY5 Resident

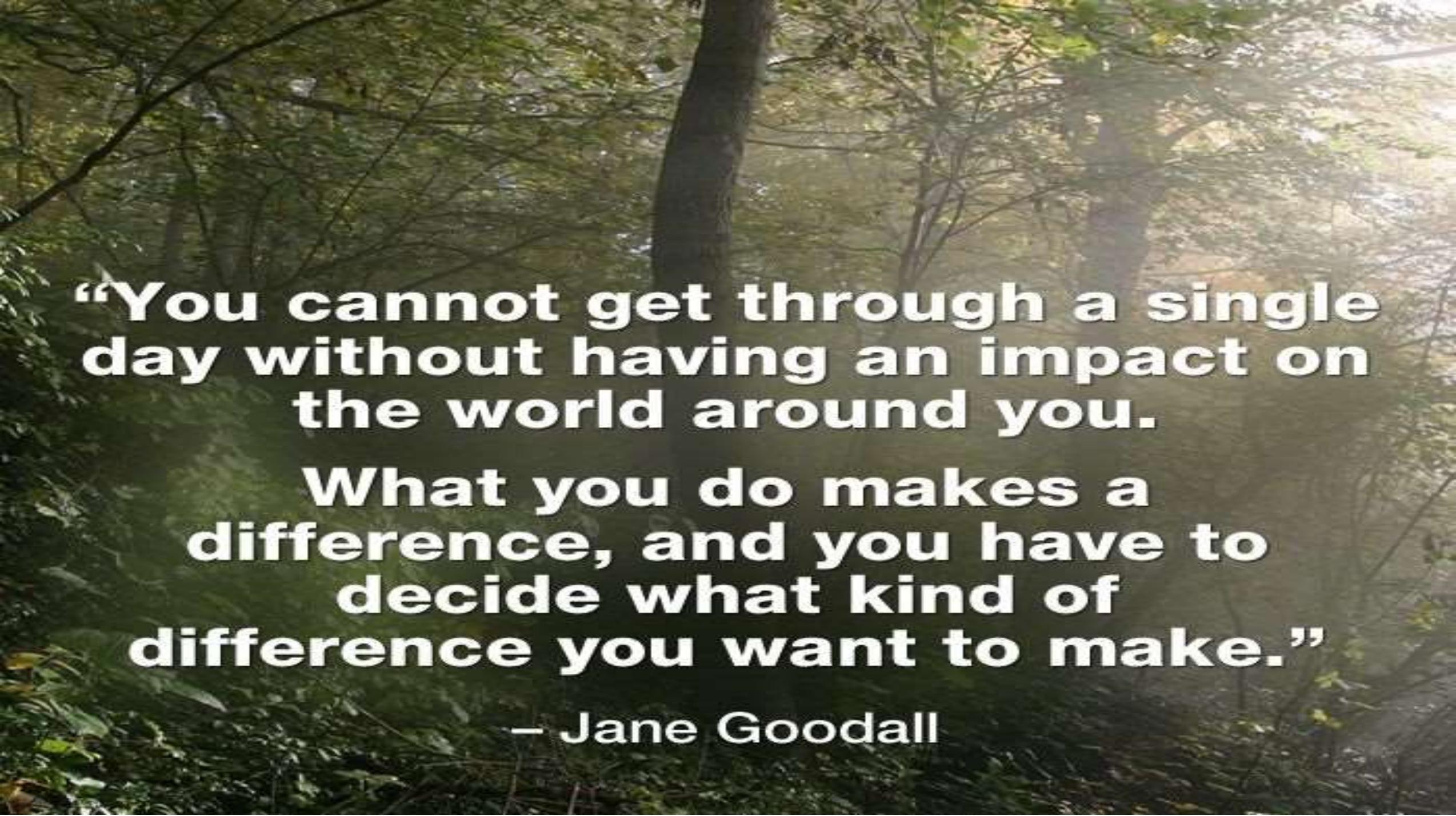
EXAMPLE: Lois Hengenus

I imagine that the job Lois has is akin to keeping the roof on a house that lives at the intersection of a hurricane and a tornado. Managing the lives of seventeen neurosurgery residents and countless faculty all unique and all with different needs is a truly thankless job. And managing how they interact, how they learn, when they learn and everything in between is even more thankless. And in fact, is a job meant for more than one person. I transferred as a PGY2 and was welcomed by Lois with open arms. For the past six years I've watched her manage the barrage of requests, requirements, demands, and interruptions in a phenomenally patient and tolerant manner. **She cares deeply** about each and every one of us as residents and it shows by the stream of residents, former residents, and faculty that continuously parade in and out of her office. I am incredibly grateful for my residency experience and believe strongly that it is truly a hidden gem - the family atmosphere, the autonomy, the support, and the voice that residents are given. A big huge reason for this is because of Lois' **hard work** behind the scenes and for this I could not be more grateful! ~*Recent Graduate*

EXAMPLE: Pam Lane

Pam has such a critical role in our department that it is hard to know where to start in describing her contributions! I believe our residents would point to her unmatched **dedication** to helping them obtain unique training opportunities outside of our home program. As PD, I feel strongly that many residents benefit from some degree of personalization of their training, and one way to accomplish this is to allow them to spend elective time at other hospitals, in other countries, or in research experiences around the world. This is a core element of what makes our program special, and it would be impossible to administer without Pam. She handles all of the submissions for these experiences and fights for our residents as a tireless advocate for their success. Each of these potential opportunities is unique, and each requires extensive coordination with multiple institutions to succeed. Her efforts drive our ability to innovate in training and are deeply appreciated.

~Program Director

A photograph of a dense forest with sunlight filtering through the trees, creating a soft, dappled light effect. The text is overlaid on the image in a white, bold, sans-serif font.

“You cannot get through a single day without having an impact on the world around you.

What you do makes a difference, and you have to decide what kind of difference you want to make.”

– Jane Goodall

Thank You

- Thank you to my family for supporting me and loving me.
- Thank you to Lois, my partner from the beginning of this journey.
- Thank you to the ARANS EC.
- Thank you to my boss, Dr Giannotta for his support and giving me the time for all of this.
- Thank you to the SNS EC for their support.

Thank YOU

- Thank YOU for the challenge.
- Thank YOU for the growth.
- Thank YOU for the job satisfaction.
- Thank YOU for the impact YOU have had on me.
- Thank YOU for this amazing journey!



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YOUR NEW PRESIDENT....

Pam Lane, C-TAGME

**Neurosurgery Residency Program Manager
Vanderbilt University Medical Center**