2022-2023 Golden Stethoscope Nomination

Nominated for: Outstanding Role Model

Name of Nominee Erin Bredenberg

Dr. Bredenberg embodies every aspect of who I aspire to be. From our first email interaction, her dedication to the my experience was evident. She responded with in the hour, including a description of her background, all the services she rotates through, and of course her schedule.

While this was an incredibly proactive, and welcoming introduction to her philosophy as a preceptor, it was not what struck me most about her practice. I was able to observe how Dr. Bredenberg lead several IM teams. To put it simply, her ability to delegate while making sure everyone on the team is learning was almost artistic. She would see patients if the residents were bogged down, and hear from everyone on the team when it came to care plans. Her kind demeanor made for a productive learning environment, as well as an intellectually challenging one.

After my first presentation she made it very clear what I did well and what needed improvement, like any teacher might. But she also took it a step further, printing out her history template from her days a medical student for me to use. She did not insist I follow it, but she did explain why things were set up the way they were. This approach made me feel like I was an active participant in my own education and allowed me to develop a system I had full conviction in. On the days when I wasn't performing my best, she would clarify what went right but rather than point out all the mistakes I inevitably made, she would ask me what I thought needed improvement. And rather than harp on these mistakes she focused on why they might have happened and set goals for our next meeting. She even made sure to follow up on these goals.

On another occasion, I arrived after she had already spoken to all of the patients on our list. Normally, I would go back and collect histories or conduct exams for practice, however there was no one appropriate for this on that particular day. Rather than have me wait around for the shift to end, Dr. Bredenberg reached out to a colleague about allowing me to see on of their patients. This extra effort on her behalf demonstrated her true dedication to making sure I was learning something every time I walked into the hospital. This small gesture meant a great deal to me as a student.

Dr. Bredenberg is also a scientist who conducts research studies in the field of addiction medicine. Knowing my personal interest in research as a MSTP student, she has sent me journal articles to back some of our practices in the hospital. Seeing the concrete evidence behind urinalysis screenings in risk assessment for drug abuse or AMA patient discharge was far more enriching than "this is just how its done".

Lastly, I would like to comment on her demeanor towards patients. Everything from her tone to her body language to the way she smiled at every patient embodies empathy. Even when we were in a rush, and a patient might be a little chatty she managed to make them feel heard as we moved on with our tasks for the day.

I hope this demonstrates why I see Dr. Bredenberg as a role model in medicine.

Written by: Haya Jarad