

*Using Your Inner Grit To*

**THINK BIG**

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# Objectives

- Define what Grit is and how you get it
- Describe the motto, *Think Big*
- Identify the next step towards achieving your personal and professional goals

# GRIT: Courage, Resolve, Strength of Character

- Grit is passion and perseverance for very long-term goals

- IQ, income, physical looks are not the main thing separating the successful from those who struggle or stop pursuing their dreams- it was GRIT- Angela Duckworth

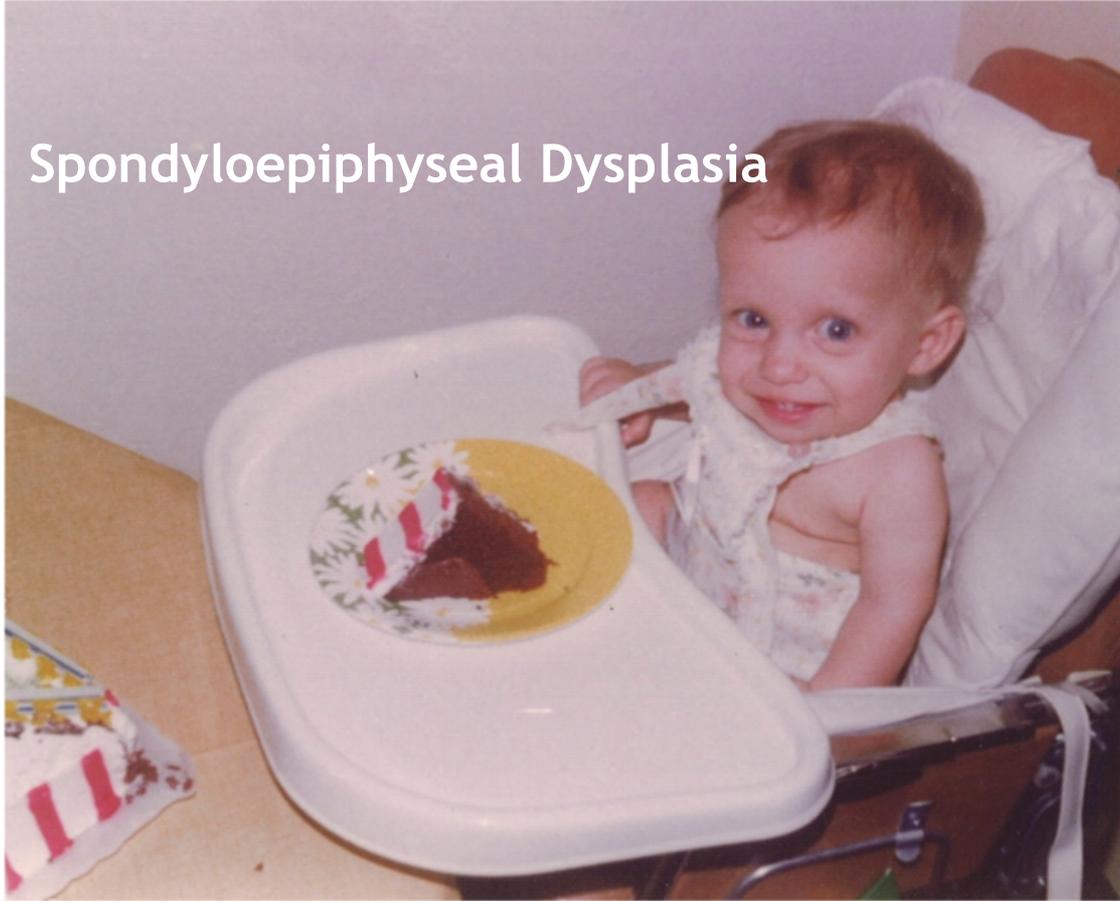


# How Do We Get Grit?

- Evidence is limited... we don't know yet
- One important feature thought to increase grit is the ability to believe we can continue to learn and grow from failure- not being afraid to fail
- We must believe that failure is not a permanent condition

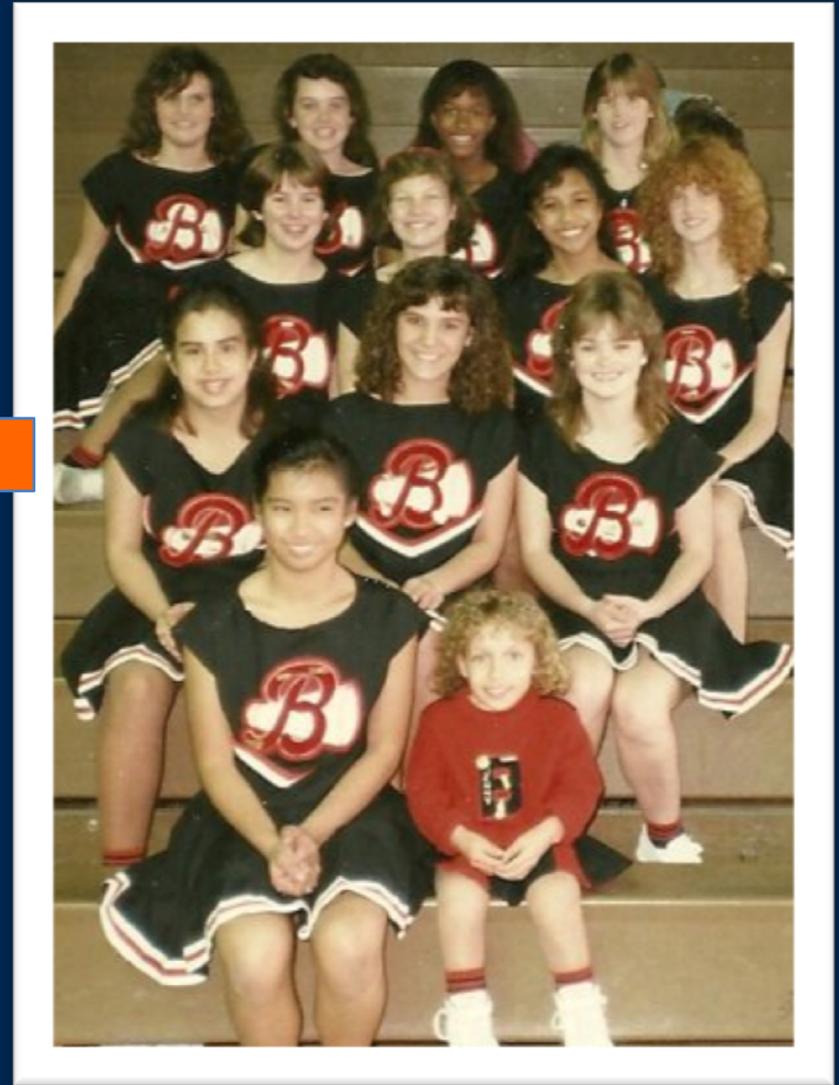
# My Story...

Spondyloepiphyseal Dysplasia



# When I Grow up

- Lots of things I hoped for:
  - Become a physician ←
  - Become a mom
  - Become an actress
  - Become a cheerleader
  - Become a member of the Mickey Mouse Club



# The Odds Were Against Me...

- 20% of our population includes persons with disabilities
- Statistics on the number of physicians with disabilities are limited
  - Estimated that 0.2% of medical school graduates have disabilities
  - 2-10% of physicians in practice have a disability

***“Anyone who told me I couldn’t do something, only made me want to do it more”***

- Even when statistics are not in our favor, you can never lose hope
  - Only 2 other male physicians with a skeletal dysplasia
- To become a physician as a woman with a disability seemed unlikely to many



# To Become a Physician...



- I knew I couldn't be afraid to fail and I had to **THINK BIG**

# THINKING BIG...

*By Thinking Big, We Can All Built Grit*

# THINK BIG

- **T** is for try
- **H** is for hope
- **I** is for initiate
- **N** is for no
- **K** is for know
- **B** is for believe
- **I** is for improve
- **G** is for go

# TRY



- *Some things in life may seem impossible, but we never will know unless we are not afraid to fail*

# What will you **TRY** for?

- Try to make a difference in the lives of patients and others around you?

“You miss 100% of the shots you don’t take”

Wayne Gretsky



# HOPE



- *Some hopes and dreams may seem crazy to others, but if they get us through the tough times, then they are worth having*

# Hope Gets Us Through The Tough Times...



- 30 orthopedic surgeries

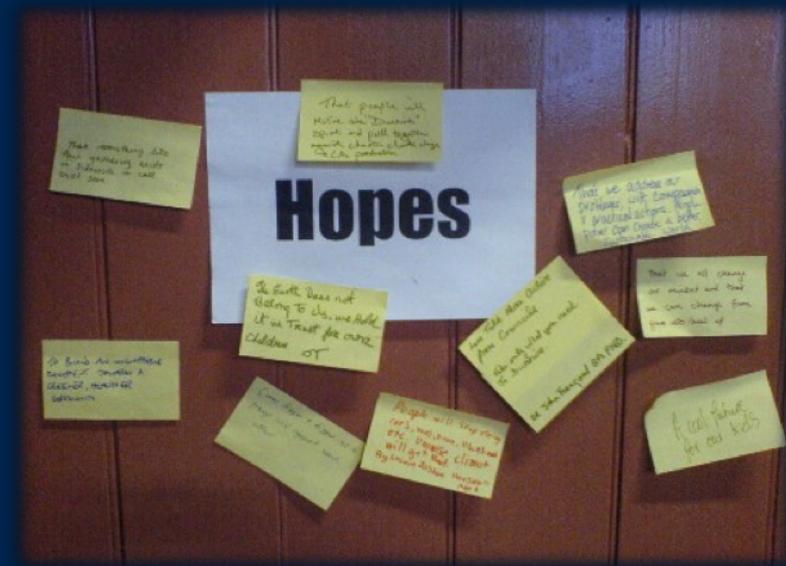
# What will you Hope for?

- Personally:

- Love
- Happiness
- Health

- Professionally:

- Goals
- Satisfaction
- Success



# INITIATE



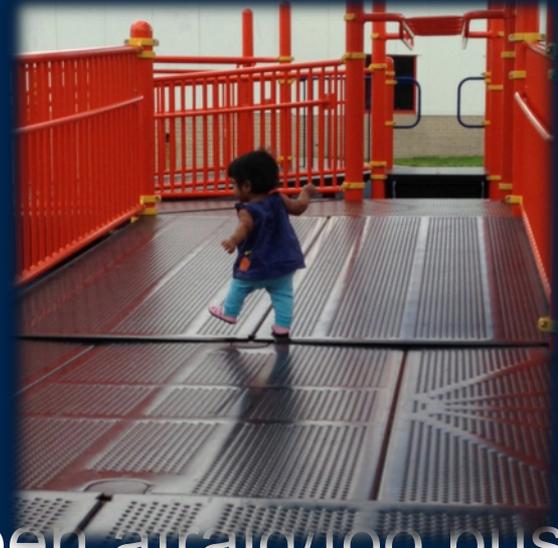
- *Kindergarten graduation is far away from medical school graduation, but we had to get through each one to get to where we are today*

# College Graduation



# How will you **INITIATE** your goals?

- Towards career goals?
- Towards personal goals?
- Towards something you have been afraid/too busy to start?



# NO

## Never Listen to the No's



**Despite the paucity of interviews, one institution took a chance on me...**

# Medical School Graduation Class of 2000



# How will *you* **NEVER LISTEN TO THE NOs**?

- When you know its in the best interest of \_\_\_\_\_
- When you know it might seem impossible, but it's the right thing to do
- When other's don't think you could, but you know you can



# KNOW YOUR CAPABILITIES



- *Each of us knows our capabilities and limitations better than anyone else*

*“My step stool is as important a tool as my stethoscope”*



# Realizing Our Limitations

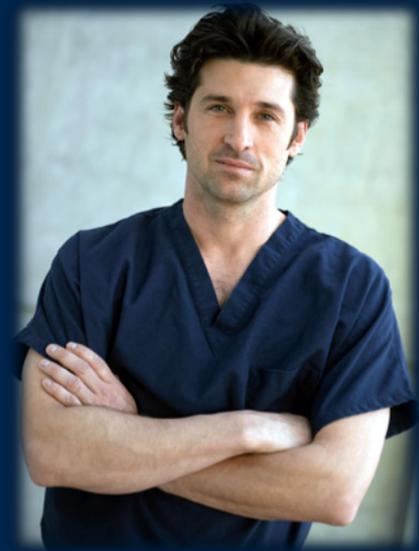
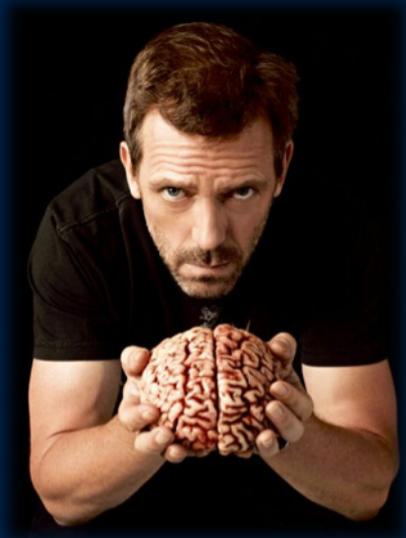
- No matter how well trained, intelligent, or well intended we are as clinicians, we will encounter:
  - Patients we cannot save
  - Cases we cannot solve
  - Problems we cannot fix



***“God is the healer, we are only his hands”-***  
**Steven E. Kopits, MD**



# Healthcare & Media Do Not Promote Humility

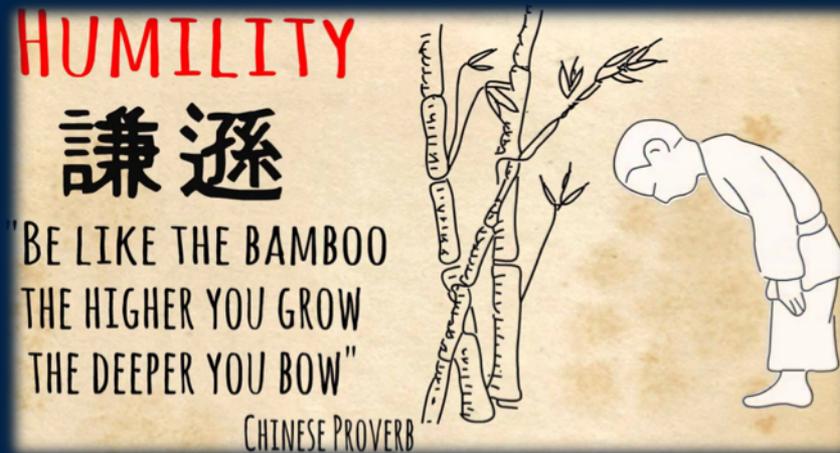


# How Can We Remain Humble?



# How will you ***KNOW OUR CABILITIES?***

- When you're afraid to share your limitations and/or capabilities
- When other's don't believe in you
- When you don't have all the answers



# BELIEVE



- *No matter how hard you work, try, and hope for something we may not be able to make it happen... that's where believing it is possible comes in*

# Never stop believing



How will you continue to **BELIEVE** in the things you have to work hard to **BELIEVE** in?

- When you want to give up
- When no one else believes
- When results are not immediate, but well worth waiting for



# IMPROVE



- *Once we achieve a goal, our work is never done*

# Healthcare Is Complex

- From a patient's perspective
- From a provider's perspective
- From an administrator's perspective

# Errors in Healthcare

- Healthcare crises are frequent
- In 1999, The Institute of Medicine reported *To Err Is Human: Building A Safer Health System*
  - 70% of mistakes in medicine due to human error (similar to aviation mistakes)
  - Not a lack of medical knowledge
  - A lack of teamwork, leadership and effective communication

**The reality is that medicine's complexity has exceeded our individual capabilities as healthcare providers**



# Healthcare Needs Pit Crews, Not Cowboys- Atul Gawande



# A Hospital is Like the Pit

- We work in a complex system
- Specialized clinicians must work together to achieve common goals for patients
- Healthcare requires effective coordination, communication, and standardized practice
- In order to function as a coordinated team, these skills must be taught and ***practiced***

# Simulation Is A Tool for Constant Improvement

- Provides a safe environment to make mistakes and learn from them
- Practice how we work together during a crisis
- Has been shown to decrease medical error rates

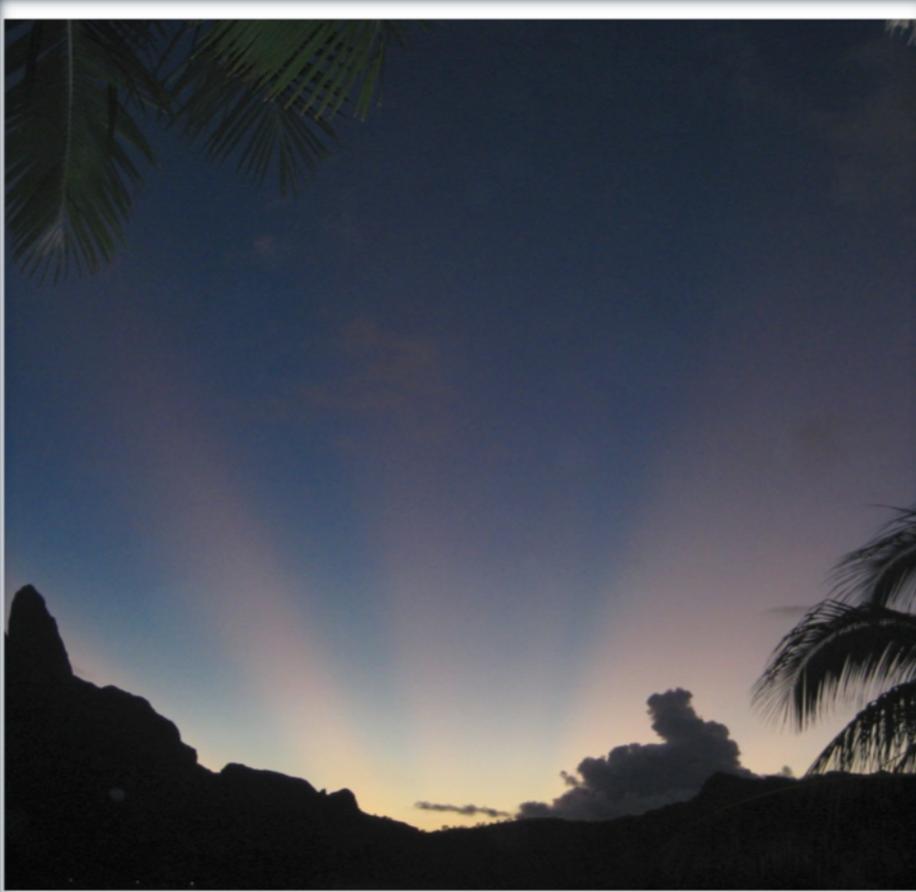


# How can you **IMPROVE** the world around you?

- When our systems are so complex
- When you have competing priorities
- When there is not sufficient support
- When there is not enough time in the day



# GO For IT



- *Sometimes we may have to throw caution to the wind!*

# What cancer has taught me



# Identify one thing that you are going to just **GO FOR IT?**

- Take the risk
- Don't delay
- Today is the day!



# It's a Marathon, Not a Sprint

- We must be in it for the long haul, find our inner GRIT & Think Big to achieve our goals in life, love, and work



# Thank you

