



RESIDENT & FELLOW COMMUNITY

National Resident & Fellow Council Quarterly Newsletter - Spring 2017

You've persevered through some very difficult times in medical or dental school—not only academically but personally—having sacrificed comfort and perhaps easier living for the dream of becoming a doctor. And now you are one! So what's next?

Well, we've been exactly where you are. And as fellow believers, we want to encourage you during your residency and fellowship and let you know we're here for you in the months and years to come.

That's what CMDA's National Resident & Fellow Council (NRFC) is all about. As a ministry of CMDA, the NRFC is a resident-driven ministry designed to connect, mentor and empower Christian residents and fellows just like you to:

- Live out their faith authentically
- Influence the culture of healthcare
- Unite with other Christian residents and fellows for enduring fellowship
- Shape the future of CMDA

All residents and fellow members of CMDA are invited to join us, so visit www.cmda.org/nrfc for more information to get involved.

In this quarter's newsletter:

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CMDA News for Residents and Fellows



[Restoration Retreat for Residents and Fellows](#)

Register now for the Resident/Fellow Restoration Retreat on September 15-17, 2017 at Lake Anna in Mineral, Virginia. Space is limited, so register now.

[CMDA Amazon Smile](#)



[CMDA Ministry Highlight: Side By Side](#)

Side by Side is a ministry of CMDA that focuses on the female spouse of dentists, residents, fellows, and attendings. They meet for Bible studies and support and have chapters across the country. They also gather at the National Convention. So please let your wife know about this great ministry.



[Download CMDA's new app](#)

Now available on the free CMDA app, *Christian Doctor's Digest* is the premier audio resource for Christian residents and fellows. Hosted by CMDA CEO Dr. David Stevens, it is an audio magazine released six times each year. It includes a variety of interviews with experts in various fields pertaining to Christian healthcare professionals. Topics cover issues such as bioethics, healthcare missions, financial stewardship, marriage, family and much more. Dr. John Patrick, J. P. Moreland and Chuck Colson are among the many guests who have appeared on *Christian*

Doctor's Digest. I listen to the different interviews during my daily commute to work.

Upcoming Events

Visit the [CMDA Calendar](#) for a full listing of all upcoming events

- [CMDA National Convention](#) - May 4-7, 2017 in Asheville, North Carolina
- [Voice of Christian Doctor's Media Training](#) - June 2-3, 2017 in Bristol, Tennessee
- [Emerging Leaders in Dentistry Symposium](#) - June 9-11, 2017 in Bristol, Tennessee
- [Women Physicians in Christ Conference](#) - September 21-24, 2017 in Big Sky, Montana

Upcoming Mission Trips

Visit the [GHO Trip Calendar](#) and the [MEI Trip Calendar](#) for a full listing of upcoming trips

- [GHO: Nicaragua](#) - April 1-9, 2017
 - [GHO: Eastern Europe](#) - April 13-24, 2017
 - [MEI: Cuba](#) - May 3-13, 2017
 - [MEI: Zambia](#) - May 29-June 2, 2017
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God at Work

Soul Care by Amanda Lucashu, DO

I rolled my eyes when I first saw him on my schedule. Even though I had never met him before, the chief complaint of chronic pain made me cringe. As I listened to him describe his symptoms, they did not match any diagnosis I knew, so I assumed there was a large psych component and waited for the patient to ask me to prescribe narcotics. To my surprise, that request never came. The patient was content with a referral to neurology and I was pleased I was able to move on to the next patient without an uncomfortable conversation about pain medication.

When I saw the patient for follow up, I was humbled to learn he had been diagnosed with a spinal cord mass and had already gone to Cleveland Clinic for an extensive work-up. Would I have shown him more compassion on that initial visit if I knew then that he had a legitimate diagnosis? I approached this second encounter with compassion

but I felt inadequate as I poured through the records from numerous subspecialists, knowing I had nothing additional to offer to him.

Last night, I was on call in the hospital and saw this same patient on the census. Since it was an evening shift, I was not required to see the patient but I knew I should take the opportunity since I am his PCP. Even though the patient and his wife are both very sweet, the thought of visiting them scared me instead of exciting me. As I walked to their room, I reflected on why I had such negative feelings about seeing this patient. I thought back to what I had heard from the "Soul Care" series by Dr. Larry Crabb in which he encourages his listener to examine their motivations for trying to help someone and he suggests the correct motivation should be to help the person to know God more. I realized I was motivated by a desire to fix the problem and that my frustration over my own inability to do that was causing my negative viewpoint. I then thought back to a podcast I had listened to that described how the PCP should journey with the patients, especially in the context of end of life when there is no solution to the patient's problems. I decided to try this approach but in my mind it seemed like a cheap alternative to a medical cure.

As I entered the patient's room, the patient and his wife smiled and were delighted to see me. They were understanding that I did not have a solution to offer them and they even stated they just wanted a doctor who would listen to them and take them seriously. While I hadn't done great at that during the first visit, I knew that was something I could continue to do going forward. Then the patient said, "This journey is really all about knowing God more." Wow, what a great reminder. That patient encouraged me more than I probably encouraged him. I had been burdened for the expectation of a solution, but it ended up that was an expectation the patient was not placing on me and I had needlessly been placing on myself. Obviously, as a physician, the majority of the time I am able to identify and treat the problem, but especially for the times when a solution is not readily apparent, I am learning to journey with my patients, to listen in a way that is therapeutic itself and to show them more of God's love.

Prayer Requests

1. State of our nation
2. Unmatched applicants
3. Housing/transition for new interns/fellows

Send your prayer requests to nrfc@cnda.org.

Your Story

Has God been working your life? We would love to hear about it and share it in the newsletter. Just send a short description to nrfc@cnda.org.

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