Ten Things I Learned as an Intern

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1. Patients usually get better—or worse—in spite of what the doctor does.

2. If you are unsure whether or not to call a Rapid Response, call it.

3. Midnight pancakes are the best pancakes.

4. If a nurse calls or pages because she is worried about your patient, get up and go see the patient.

5. Interns don’t know what they don’t know, and are blissfully ignorant. Second year residents know what they don’t know and are terrified. Third year residents know what they don’t know and are OK with it.

6. Never loan your only pen to an attending.

7. Eat well; get enough sleep; exercise; spend time with your family; read; be on time; take good care of your patients. You can only pick 3 of these.

8. It’s easy to be a mediocre doctor; it’s very hard to be a good doctor.

9. Never underestimate the power of Normal Saline.

10. Sometimes the only thing left for his doctor to do is give a dying man a sip of water.