



“It’s all going to be okay”

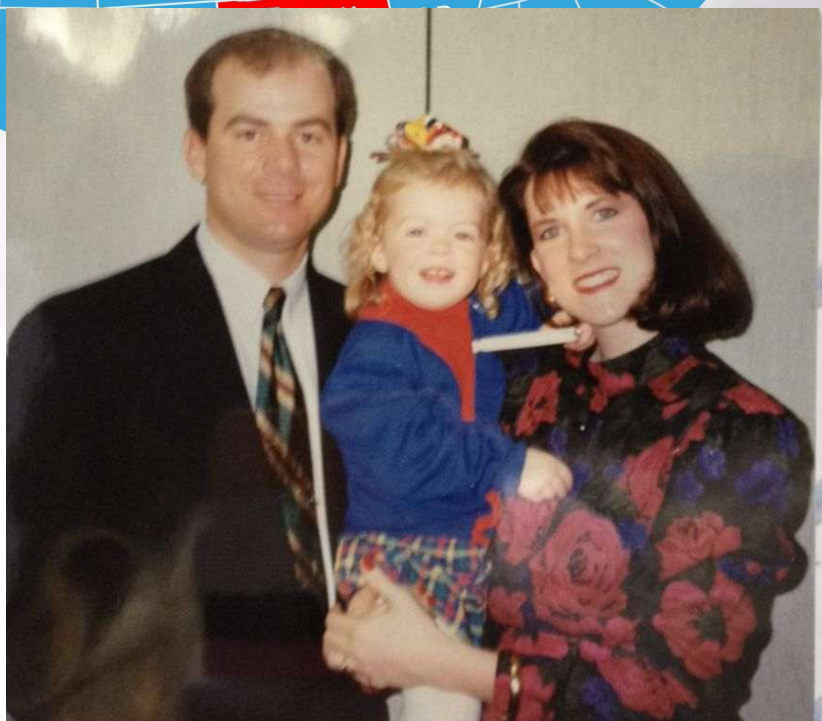
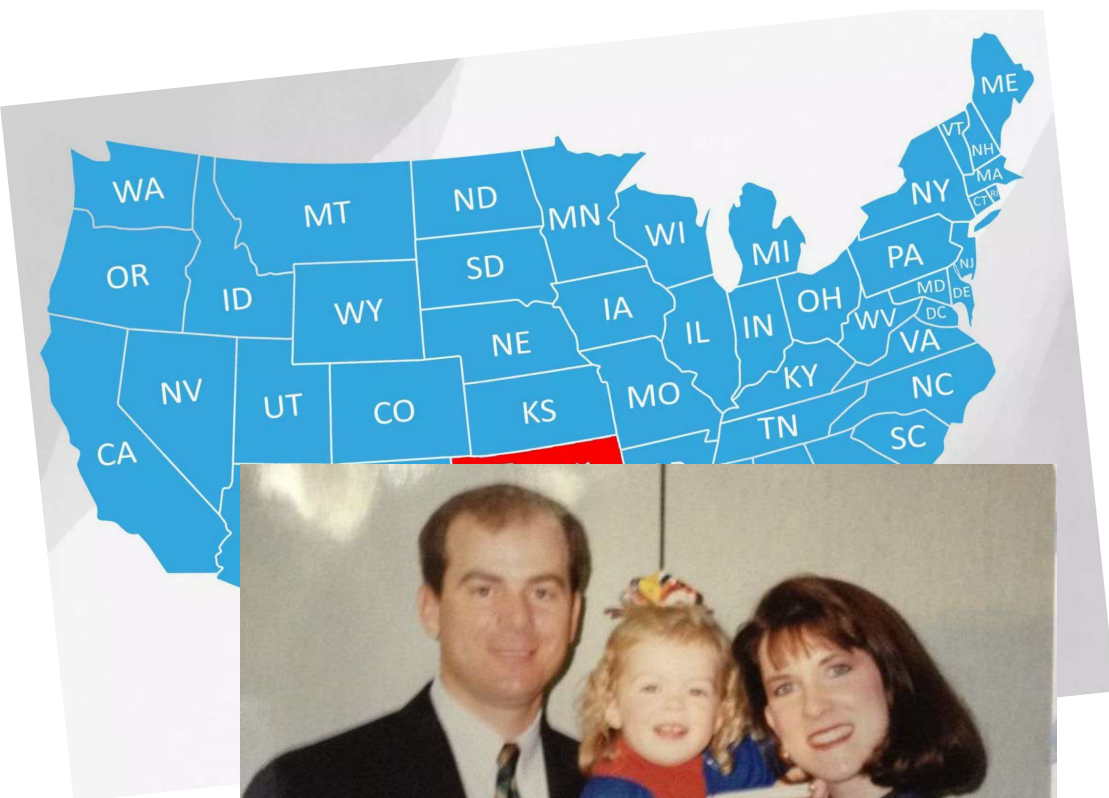
**An anxious girl’s journey through
school and training.**

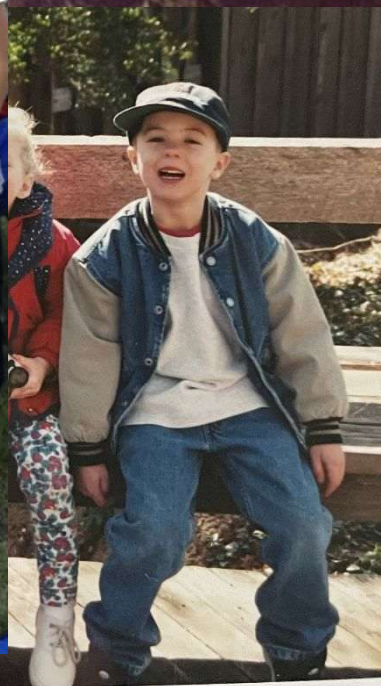
Caitlin EJ Sayyid, MD
Trauma/ Surgical Critical Care Fellow
UTHSC Dept of Surgery

The point:

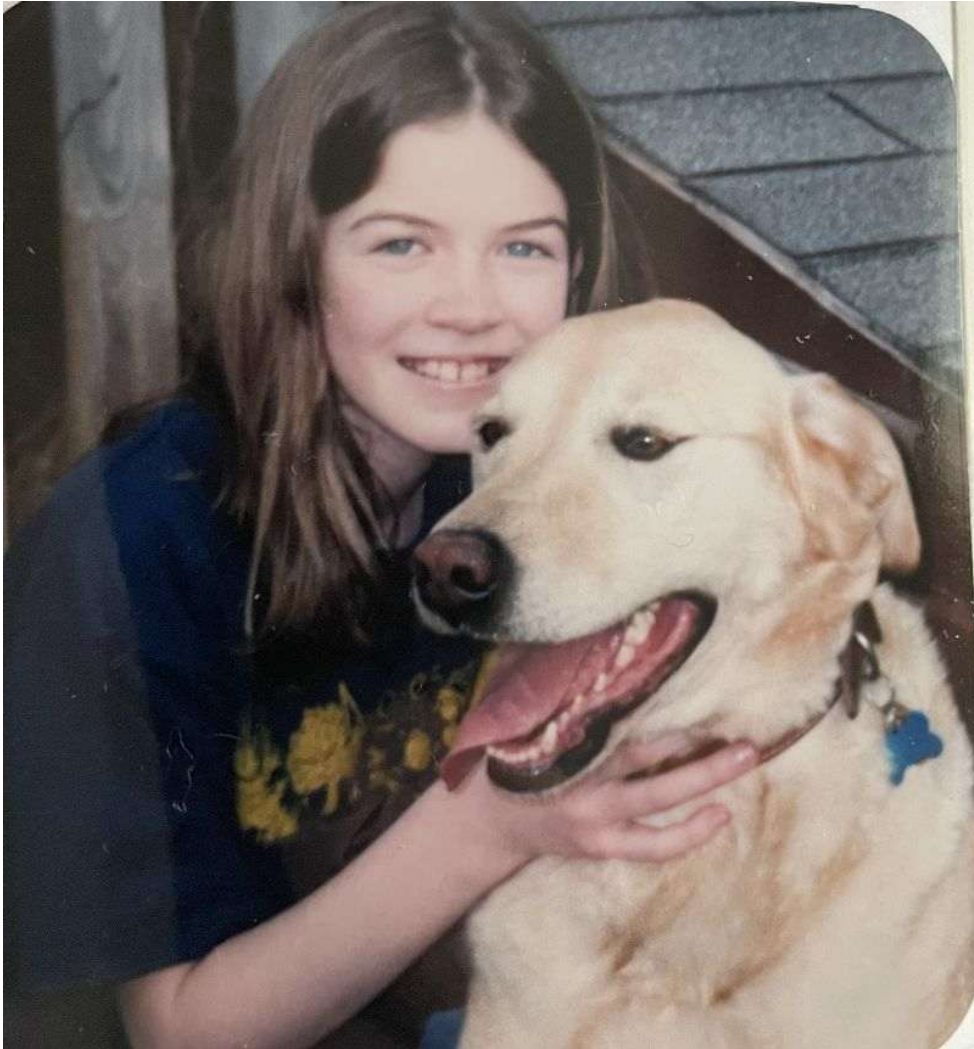


- Medical training is stressful with lots of variables/ uncertainty, and tends to attract high-achieving, anxiety prone/ controlling people
- Life almost never turns out how you think it will/ should - and this is often better than our original plan
 - Don't tunnel on what you THINK should happen
 - It's okay to change your mind
- It may take time to see why things happen - and you may never know why
- You can have everything - but not everything at once.
 - Work for the future, but don't forget to value where you are
 - Don't forget what is actually important
- Everyone in this room was once a pre-med, a medical student, and a resident



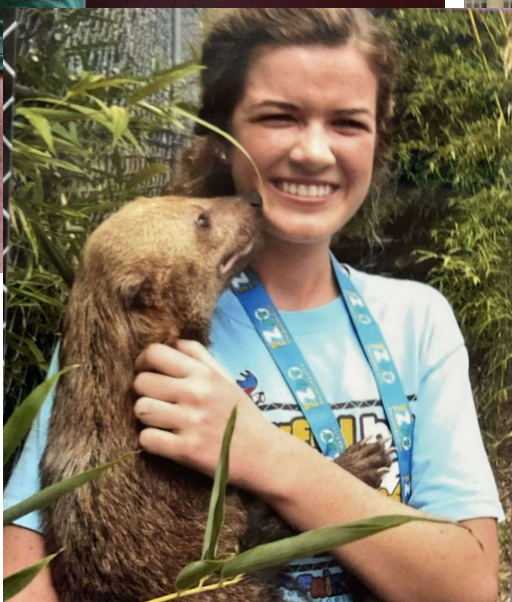






Career???

- Puppy dog trainer?
- Artist?
- Zookeeper?
- Vet?
- Conservation scientist?
- People doctor?
 - (just not a surgeon)















OU College of Medicine: OU College of Medicine Interview Offer

September 26, 2013, 9:46 AM

Thank you for your interest in The University of Oklahoma College of Medicine. It is our pleasure to extend an invitation for an interview. Please sign in at <https://apply-medicine.ouhsc.edu> to schedule your interview. Once you have scheduled your interview and submitted all required information, you will receive a confirmation email. A map that indicates parking and the location of the Samis Education Center will be included.

It is a pleasure to be a part of this very important step in your educational career and we look forward to meeting you.



< Inbox



From: **OU Med 2013** >

Hide

To: **Caitlin E. Jones** >

OU College of Medicine: OU College of Medicine Interview Decision

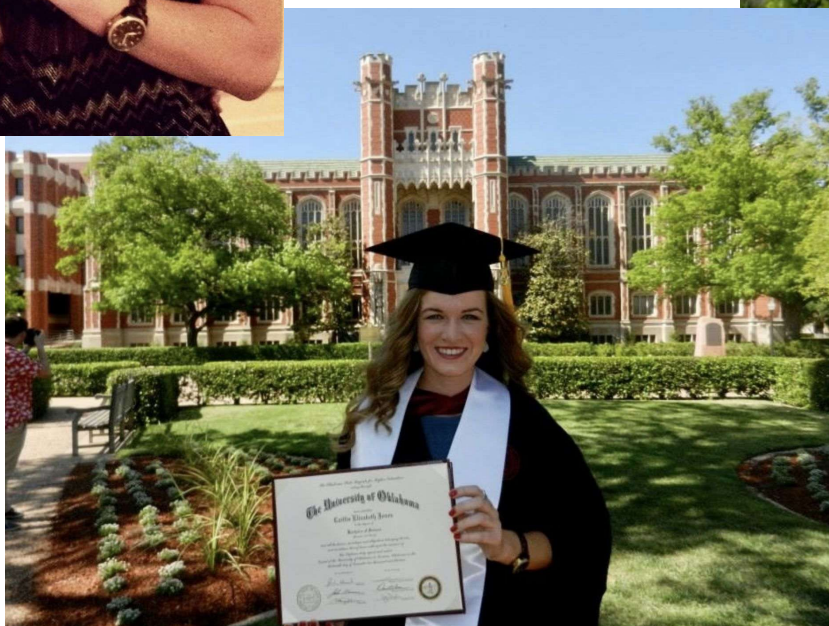
February 11, 2014 at 3:05 PM

Dear Caitlin:

On behalf of the Admissions Board and the College of Medicine, I am very pleased to offer you a place in the Class of 2018! You will receive an official letter of acceptance your listed permanent address.

To accept this offer of acceptance, please complete the following steps:









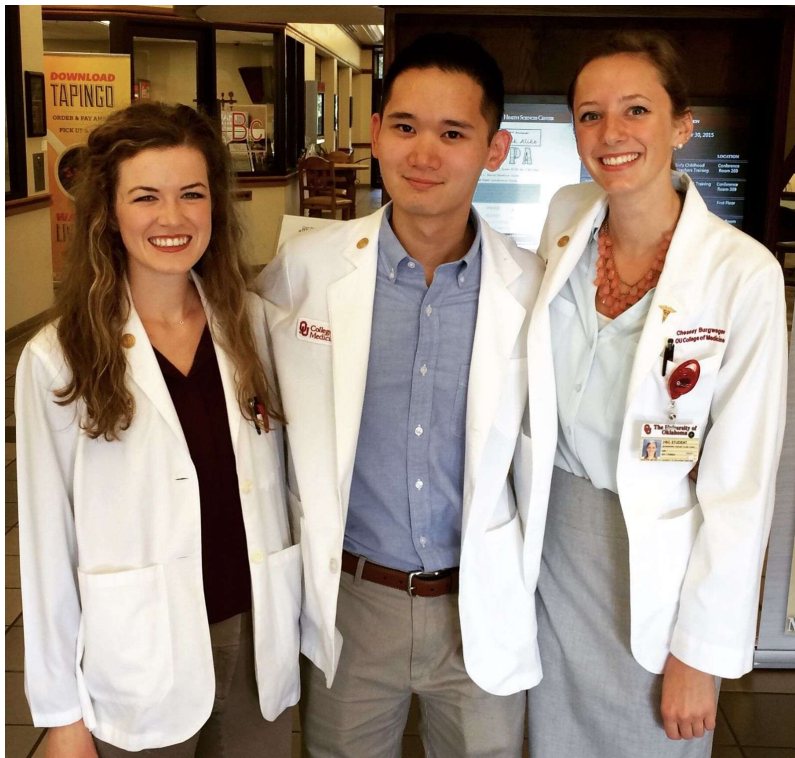


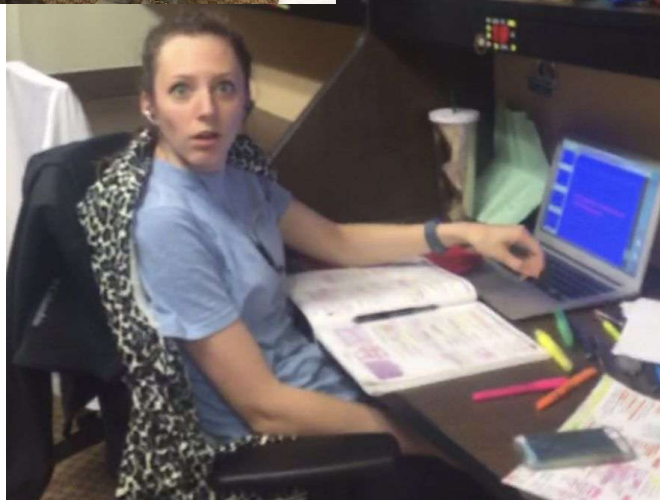
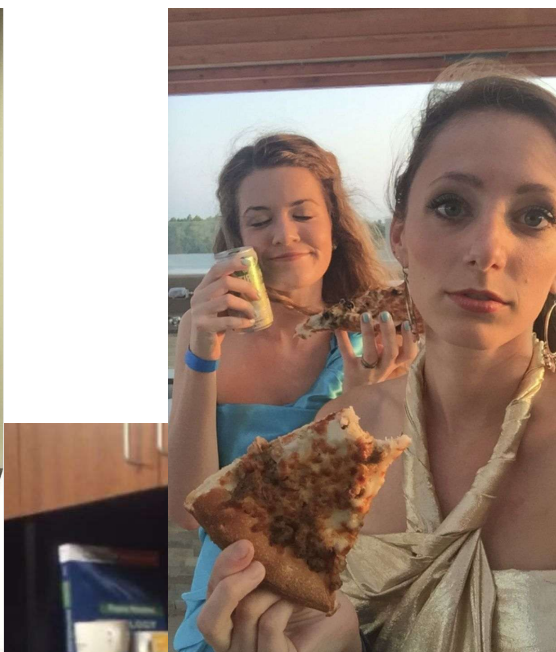
***has no
idea how
much
things will
NOT go
according
to plan
from here
on out***



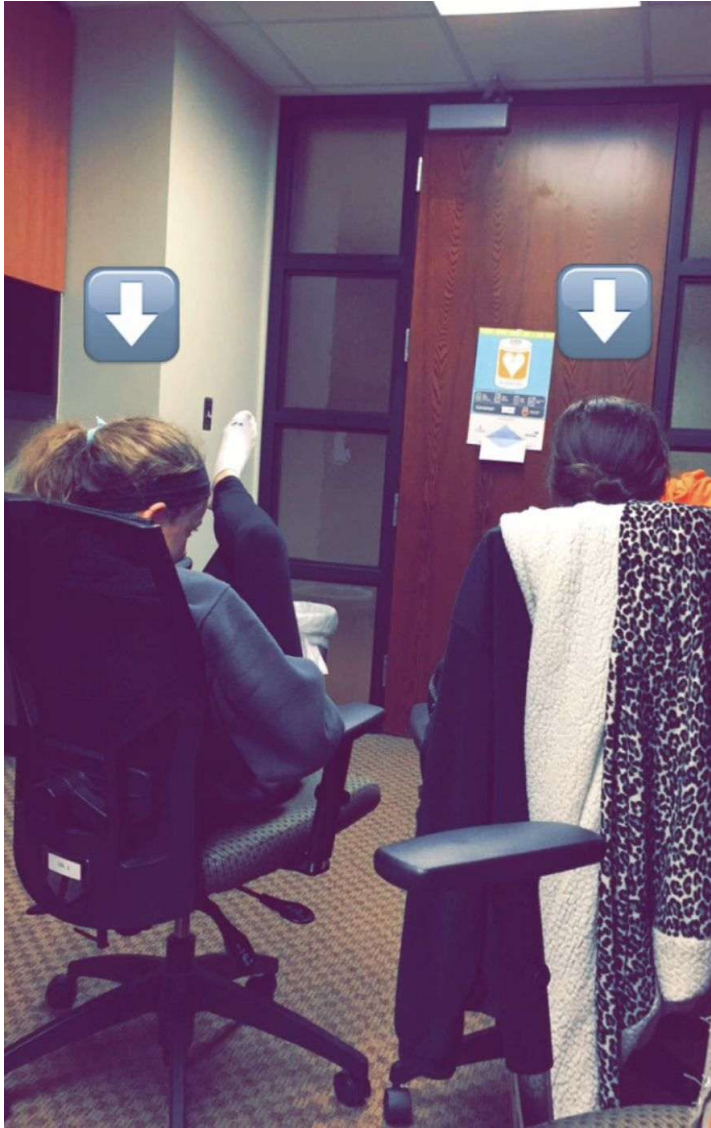
COLLEGE OF MEDICINE

The UNIVERSITY of OKLAHOMA HEALTH SCIENCES



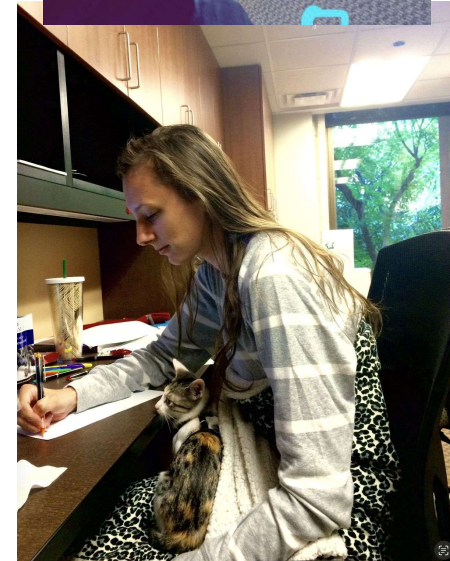
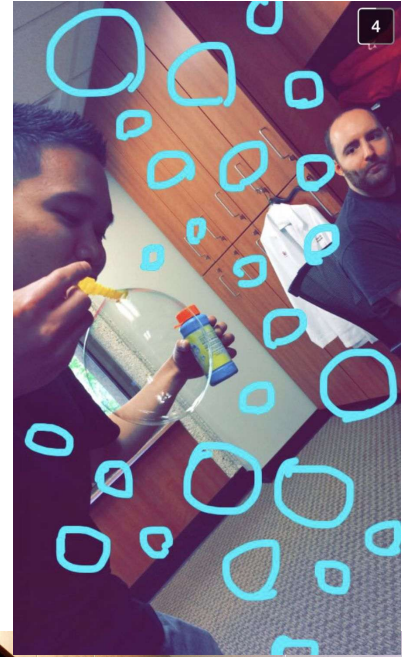






Things I said that did not age well:

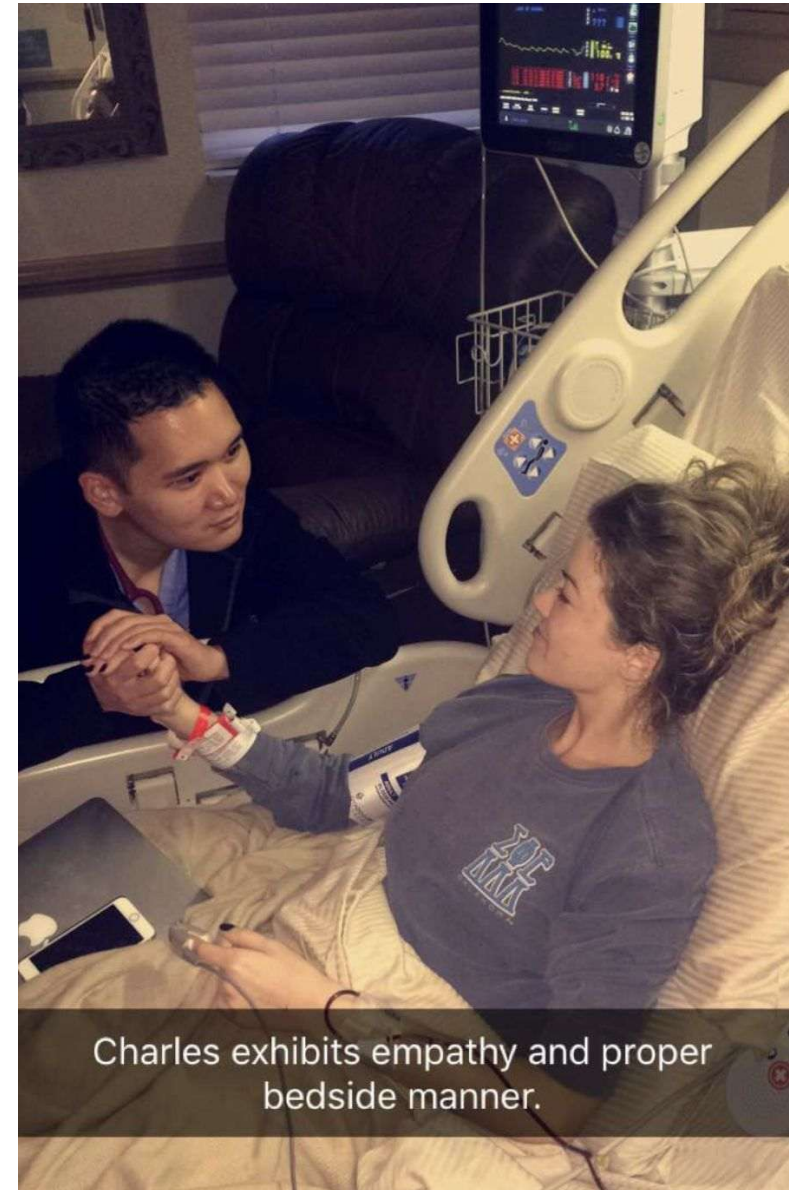
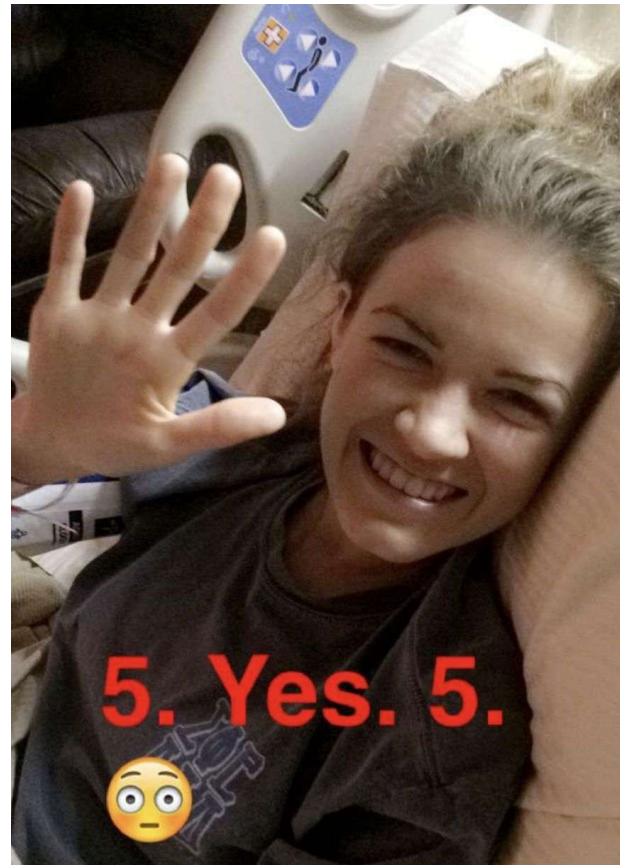
- I want to be a pediatric heme/ onc doc
- I will do any specialty BUT general surgery







Care for
yourself
before
you wreck
yourself....



Moore's tireless devotion to detail brings the man and his maverick career vividly, compellingly, and gruesomely to life. Medicine needs more John Hunters, and biography needs more Wendy Moores. —*New York Times Book Review*

A portrait of John Hunter, an 18th-century surgeon and anatomist. He is shown from the chest up, wearing a dark coat with a red lining and a white cravat. He has a thoughtful expression, resting his chin on his hand. In the background, there are anatomical drawings and a small figure of a person.

The Knife Man

BLOOD, BODY SNATCHING, AND
THE BIRTH OF MODERN SURGERY

WENDY MOORE



Please us Match 🙏 🏥

From: [NRMP](#) >

To: [Caitlin E Jones](#) >

[Hide](#)

N

[EXTERNAL] Did I Match?

Today at 9:58 AM



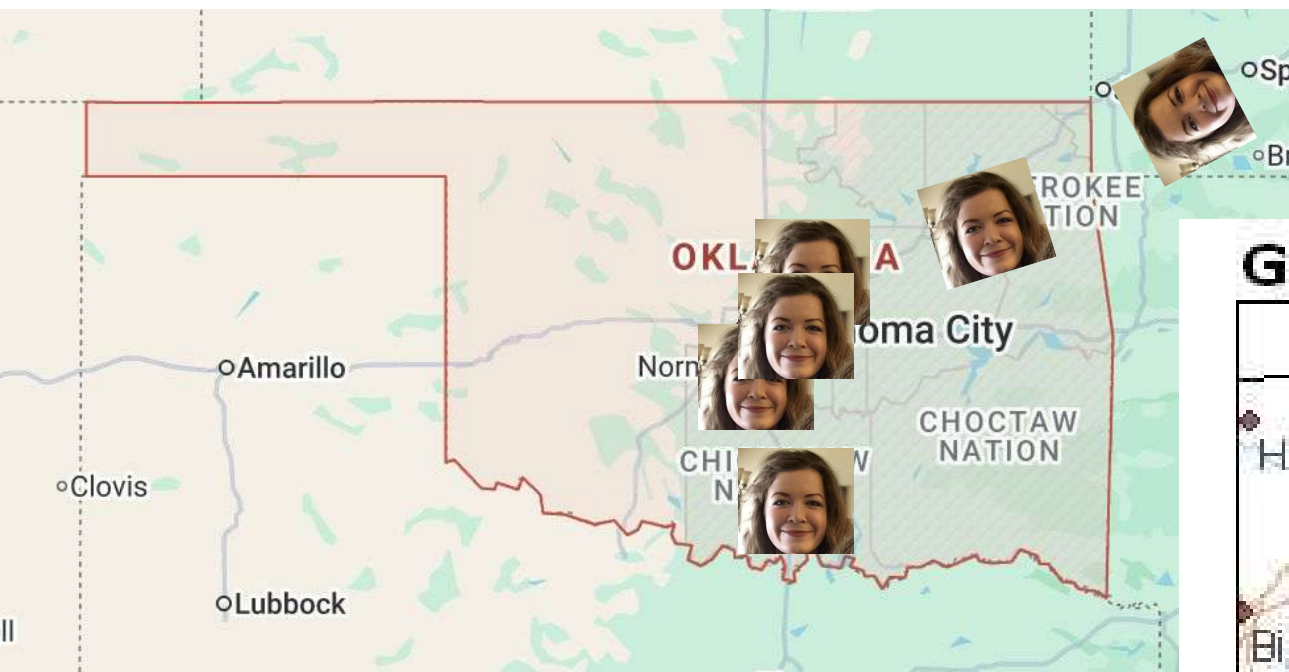
Congratulations! You have matched!

Because you are matched, you are not eligible to participate in the Supplemental Offer and Acceptance Program[®] (SOAP[®]), and you will not have access to the *List of Unfilled Programs*. Information on where you matched will be available in the Registration, Ranking, and Results[®] (R3[®]) system and sent by email on Friday, March 16, at 1:00 PM Eastern Time.



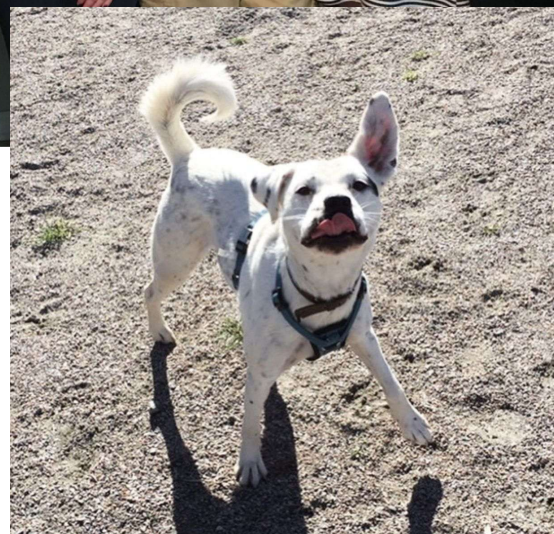


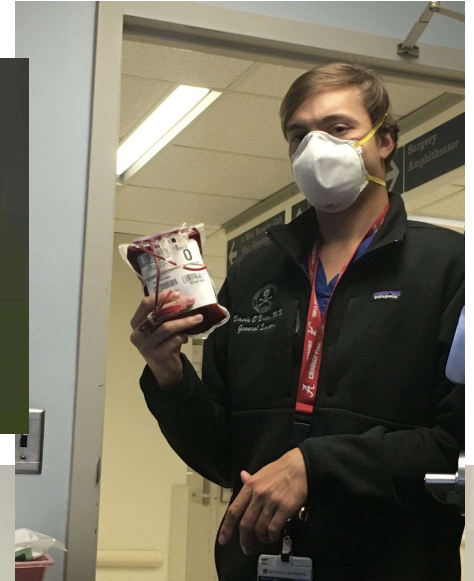
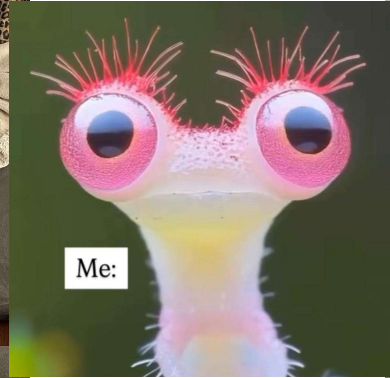
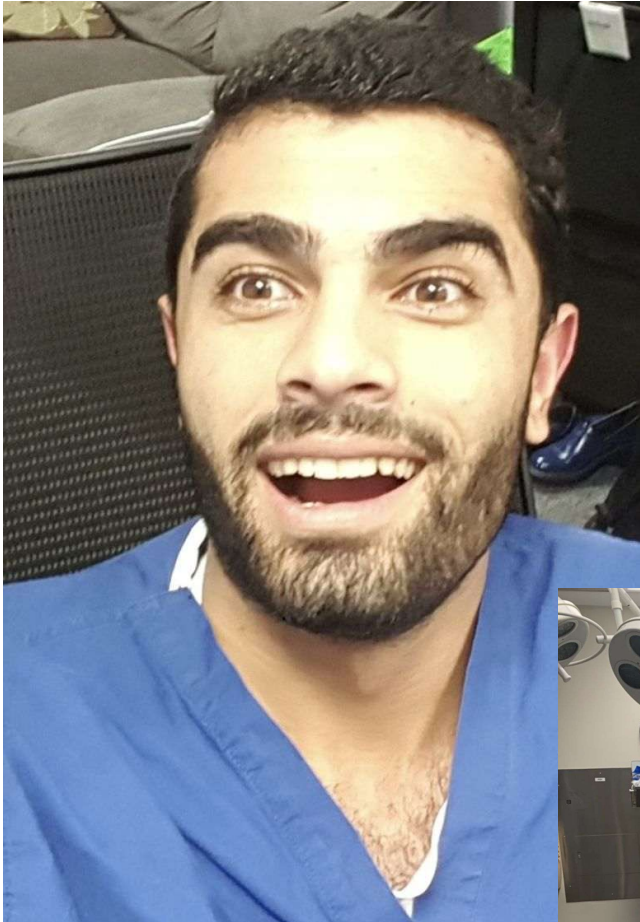


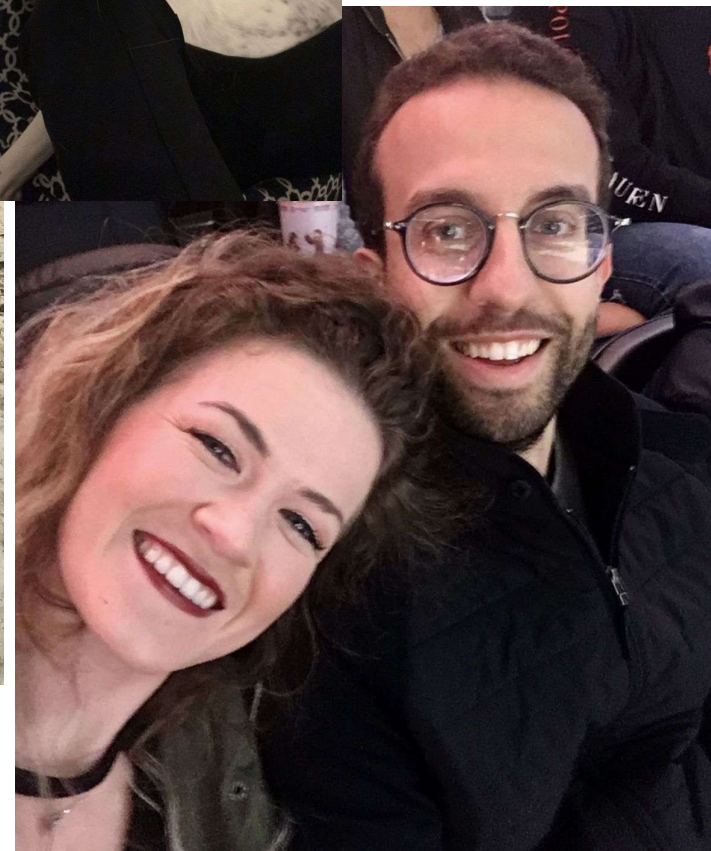
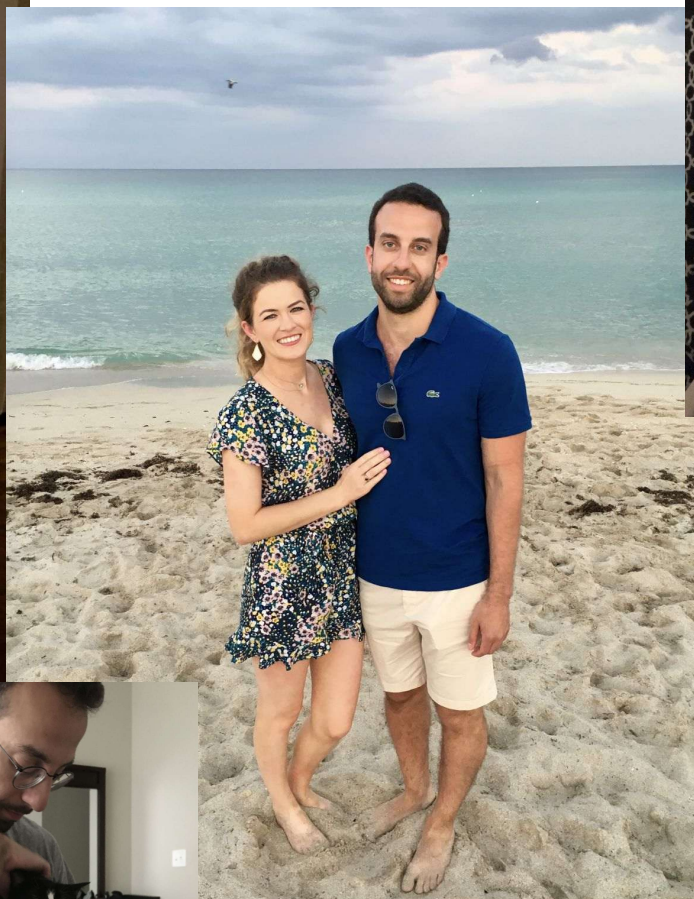
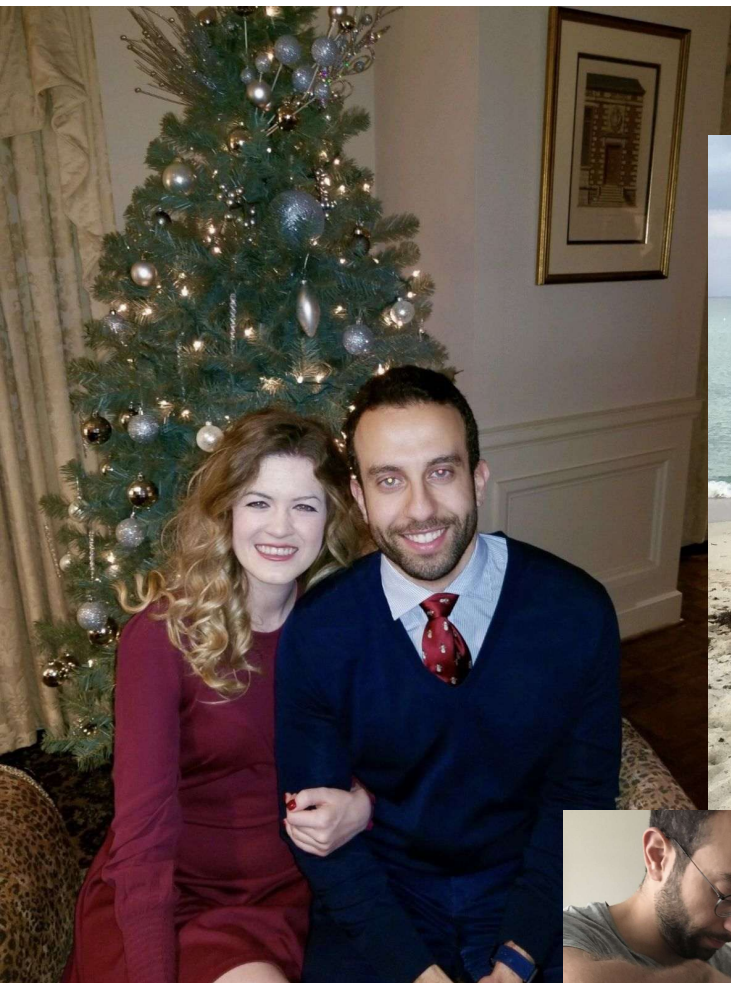


Georgia

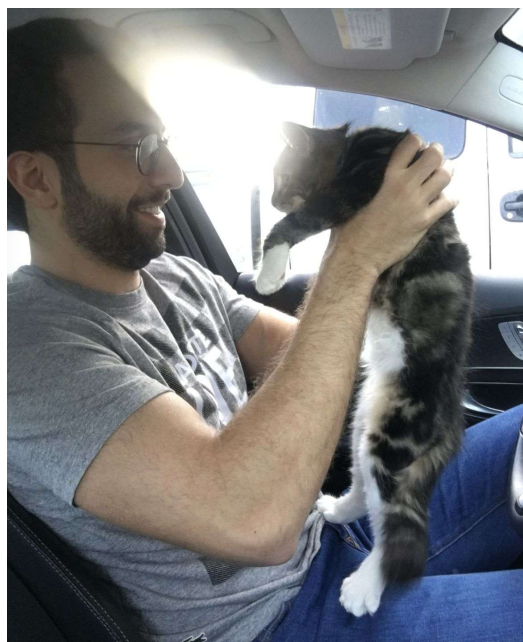




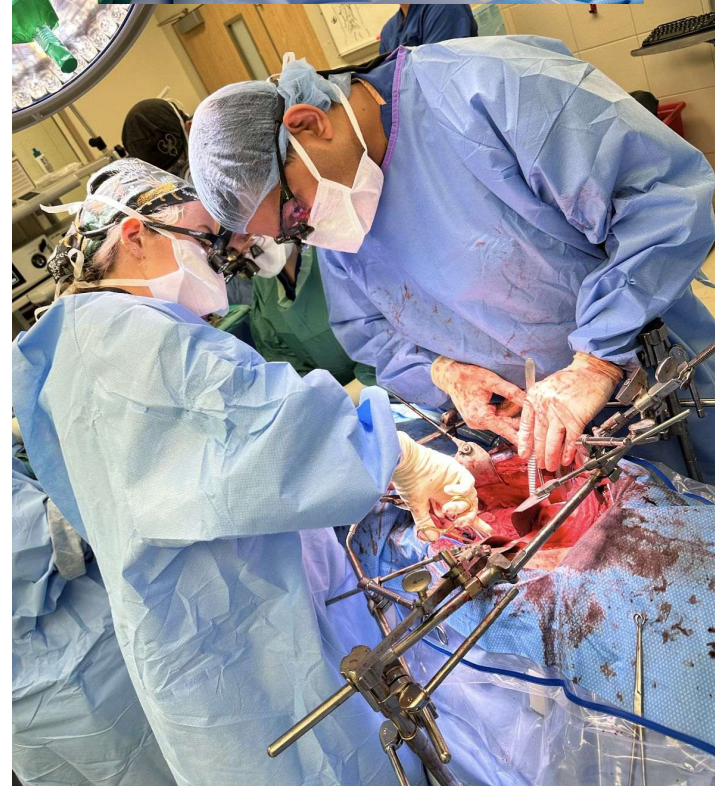






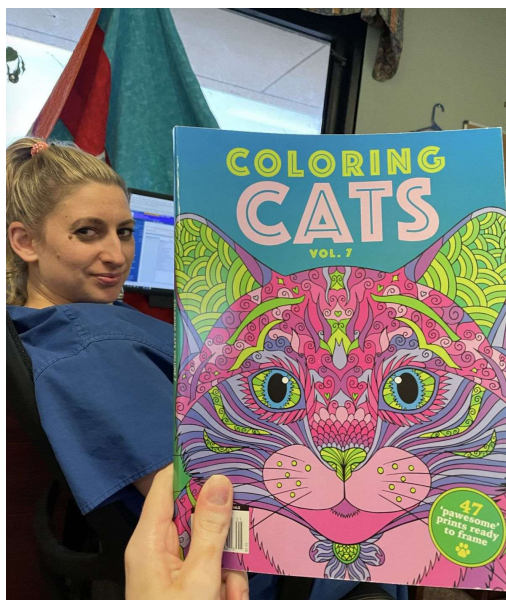




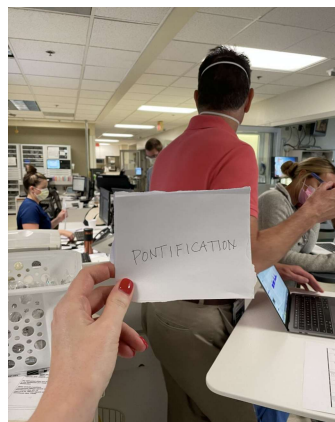










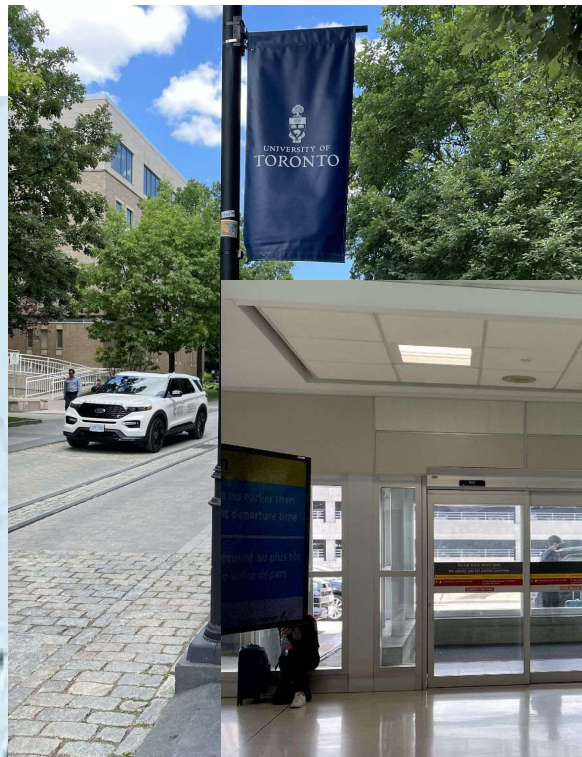


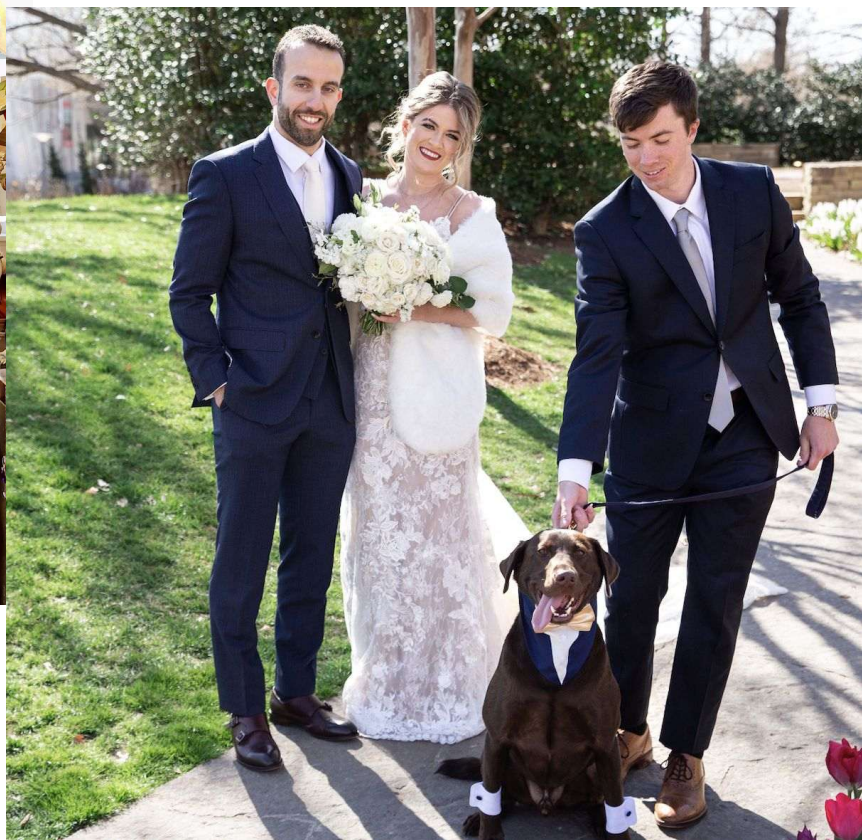
Jones,
You're an amateur!
Here they are
Terence



O'Keeffe, Terence
To: O Sayyid, Caitlin
JONES!!!!!!!!
Terence









NRMP Support (Do N... 12:00 PM



to me ▾

THE MATC
NATIONAL RESIDENT MATCHING

Wednesday, September 7,

2022 Surgical Critical Care
2023

NRMP ID: N0518976

AAMC ID: 13514636

Applicant Name: Caitlin Jo

Congratulations, you have

Program Code: 1844442F

Program Name: Surgical C

Institution Name: U Tennes

Memphis

NRMP Staff

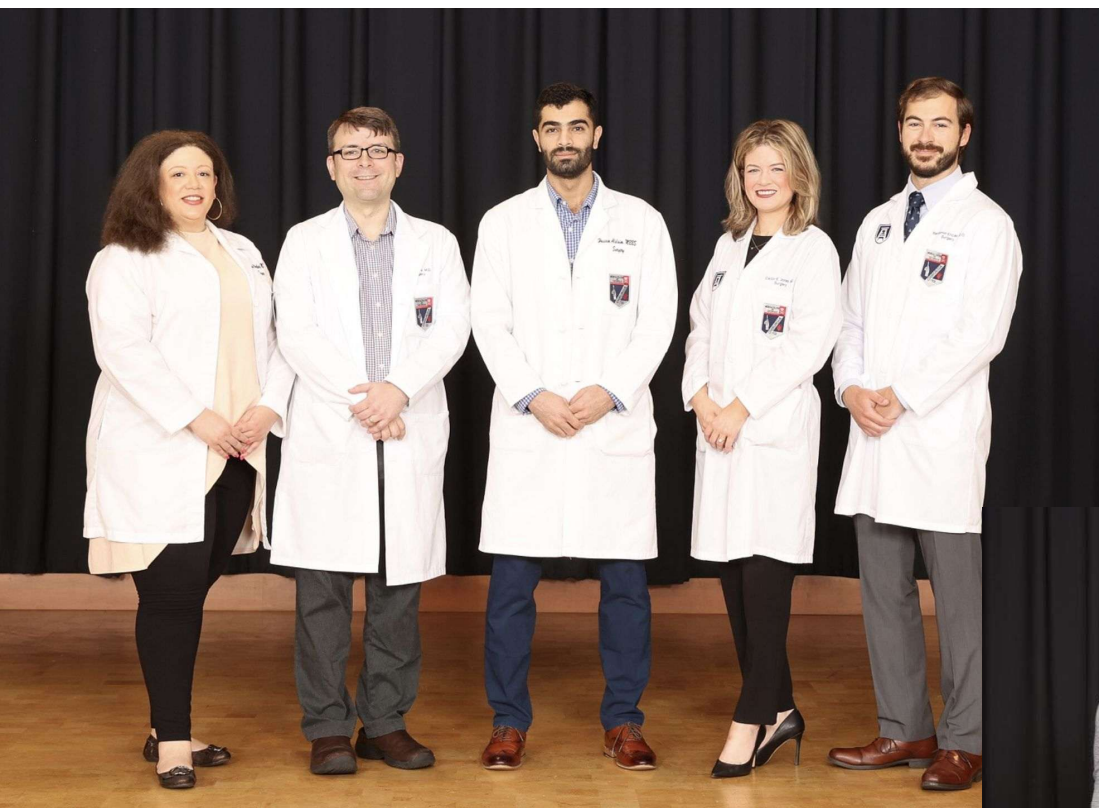
National Resident Matchin

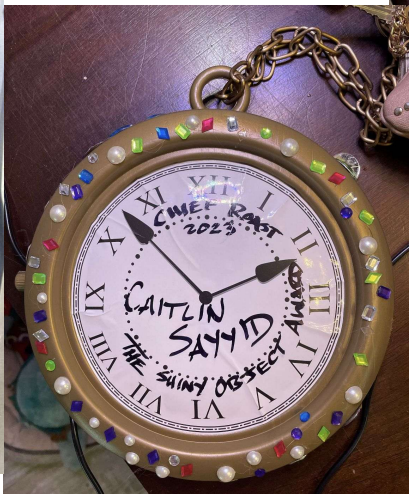
[2121 K Street NW, Suite 10](#)

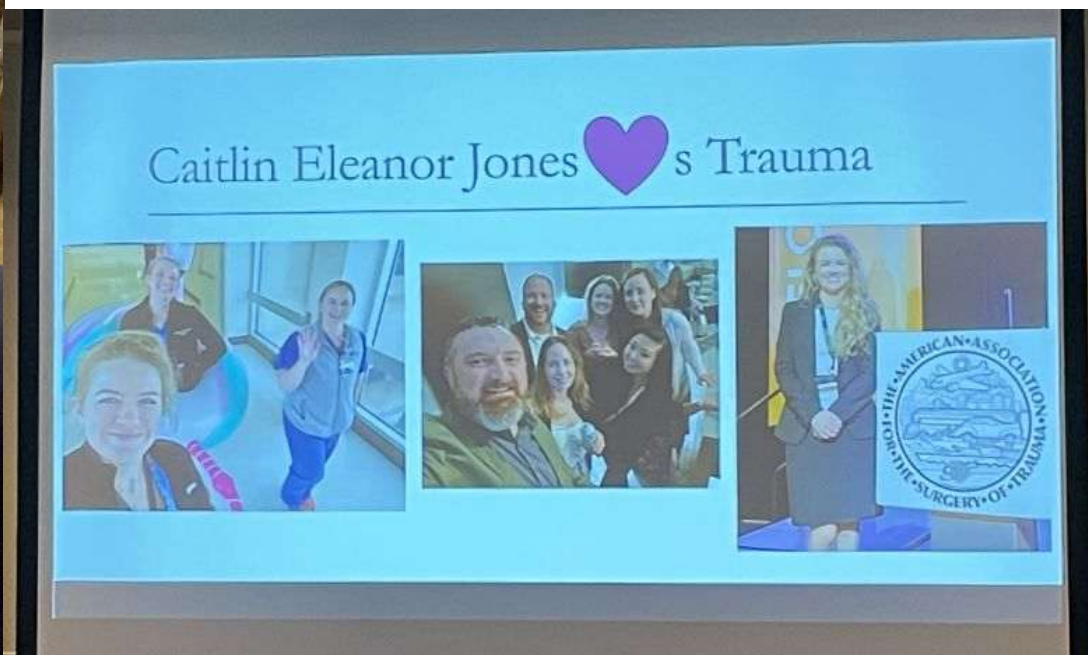
[20037](#)

[YouTube](#) | [Twitter](#) | [Facebook](#) | [LinkedIn](#)







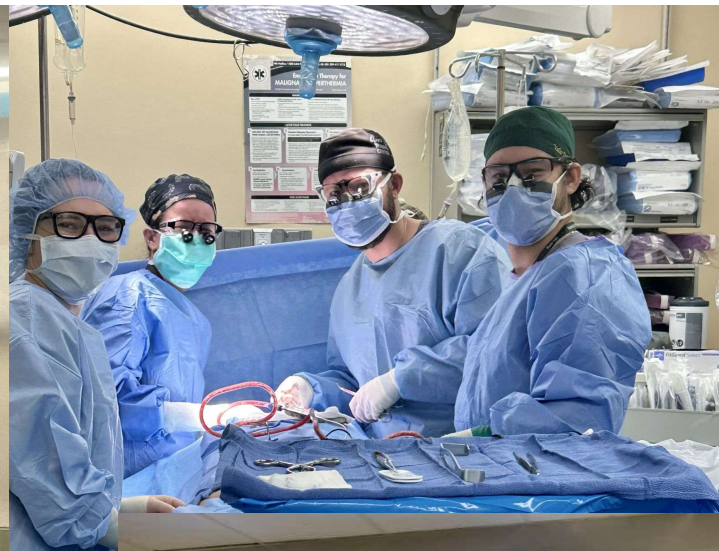


"A force of nature personified. I would not have ever expected a 90 lb tiny kitten to actually be a fierce and dominating lion, but that is Caitlin - she is someone to be reckoned with"



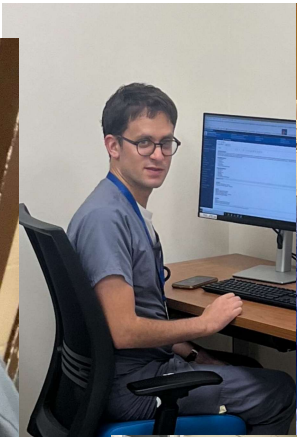








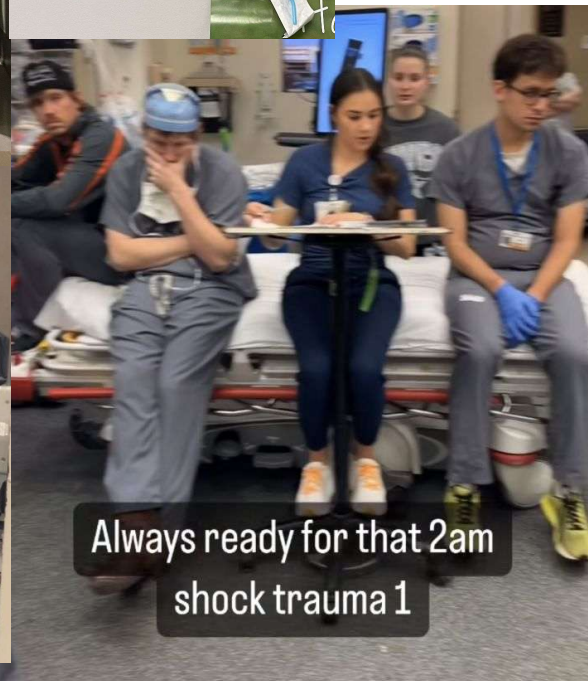
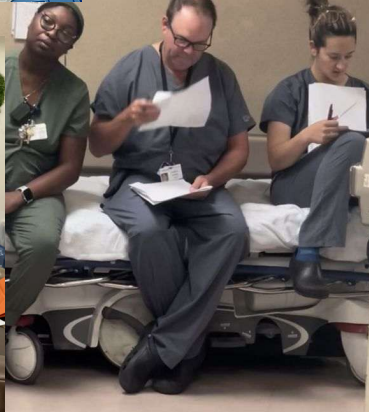
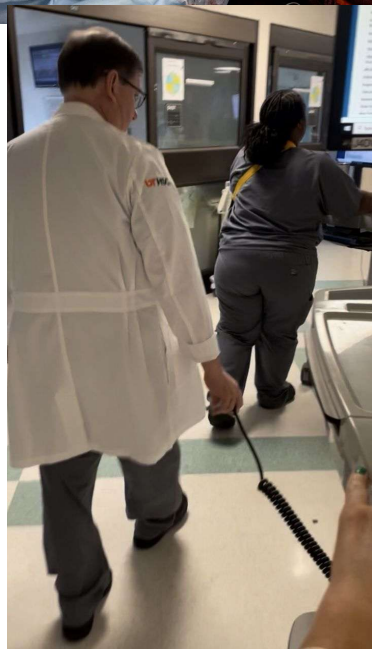
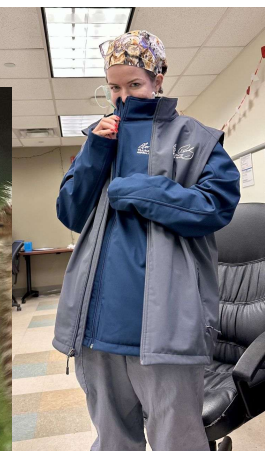
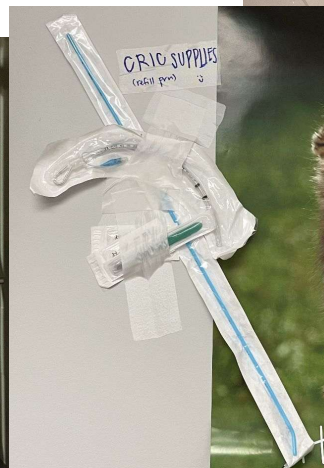
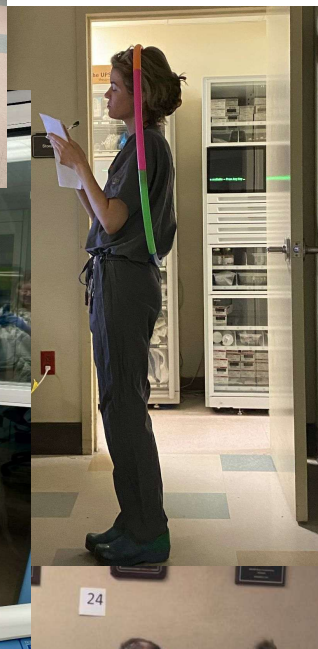




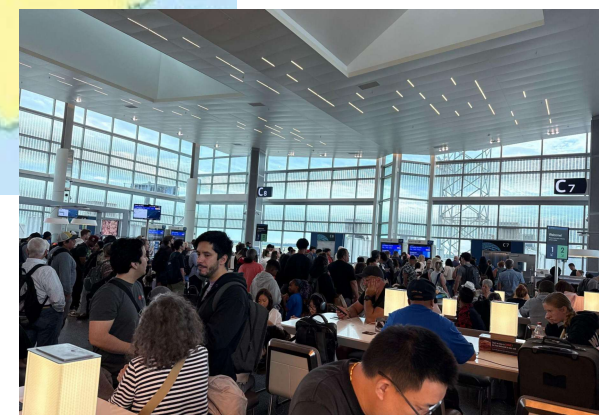
A SWEET
TREAT FOR ALL
YOUR GOOD
WORK!
♡ Sayyid







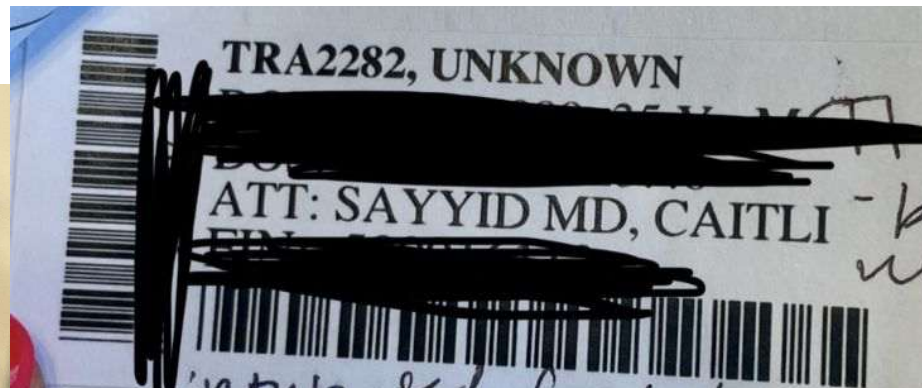
Always ready for that 2am
shock trauma 1











BASIC INFORMATION
Attending Physician: CAITLIN SAYYID MD
Inpatient Code Status: Full Code Order Date:

Treatment Orders En Route			
Accepting Physician			Dr Sayyd
Time of Physician Acceptance			1443

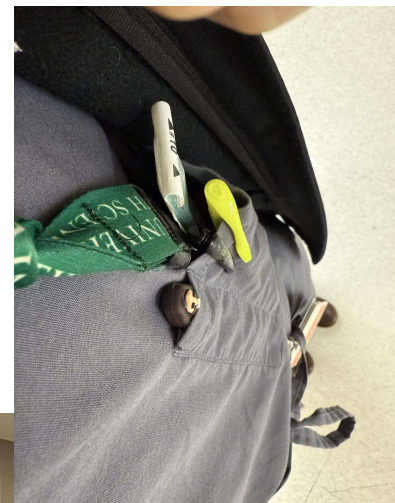
12:00 AM	SAYYID MD, CAITLIN	2 hrs 7 mins	TRA2723, UNKNOWN	
12:52 AM	Fischer MD	2 hrs 57 mins	No appointments	
3:30 AM	Fischer MD, Peter	39 mins		

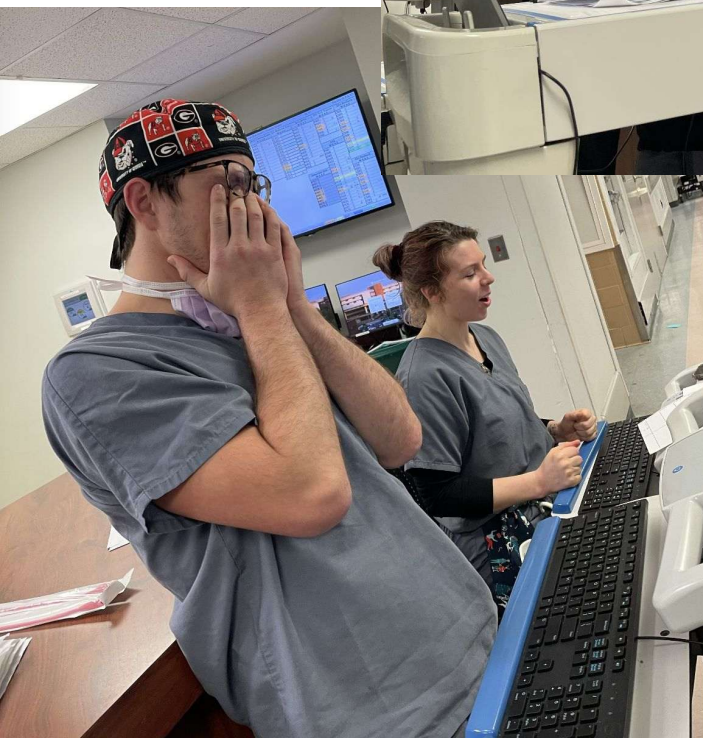
Median Sternotomy (2)

Procedure (1): Median Sternotomy
Anesthesia Type : General
Surgeon : SAYYID MD, CAITLIN

Procedure (2): Pericardial Window
Surgeon : SAYYID MD, CAITLIN











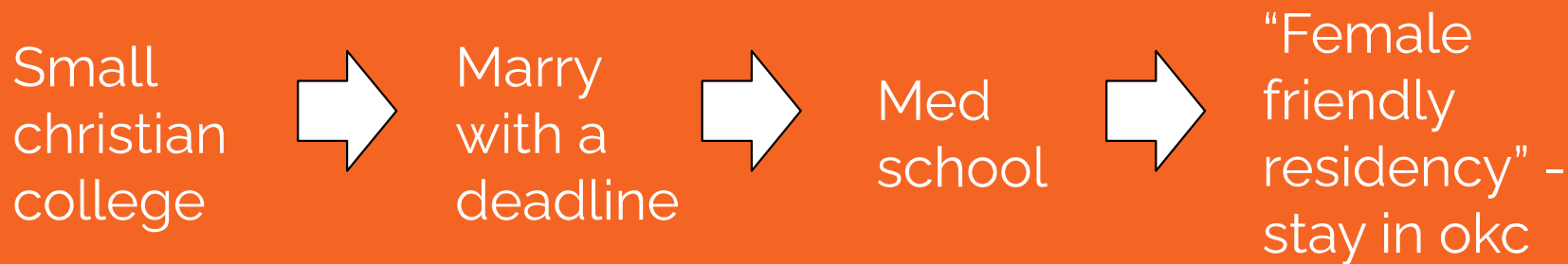
**Patrick Jones, CFO
Trauma Surgeon Dad**



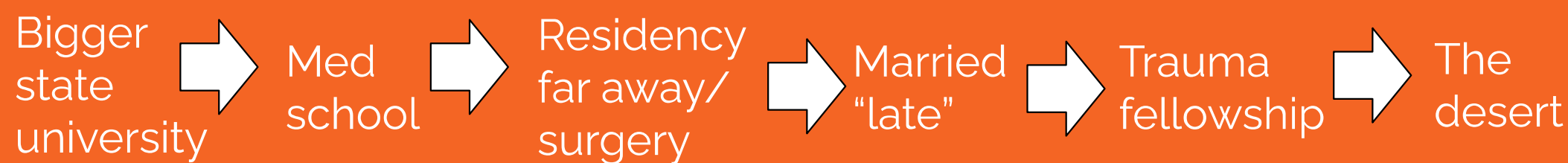




The original plan:



What actually happened:



What's next?

WHO KNOWS

**I've stopped trying to plan in
detail**

Closing remarks:

- I wish I had not let my anxiety overpower me, incapacitate me
 - I wish I had realized it was okay to get help sooner
 - But - NO STRESS is not the answer
 - It is often what motivates us - but need to channel it appropriately
 - Taking care of yourself is critical - you will perform better, enjoy life more, better able to be in the present
 - Remember what is ACTUALLY important
 - Be open to changing your mind
 - If social conventions are holding you back - don't be afraid of pursuing your goals - it will ALL BE OKAY
-

Thank you!

