



A Day in a Radiology Resident's Life

We love our program here at the University of Maryland! We learn to face new challenges every day in an incredibly supportive environment.

Pre-COVID, I saw my co-residents and attendings throughout the day. In the morning, I would often grab a cup of coffee from Au Bon Pain, Starbucks, or the cafeteria with one of my co-residents. Our morning conference was held in our dedicated radiology conference room with one of our renowned faculty members giving a didactic lecture. After conference, the residents would hang out in our radiology residents' lounge and catch up for a few minutes. We'd then all walk down to the reading rooms together. The fellows, residents, and attendings sat together in the same reading room, and clinical teams often stopped by to review cases. I'd sit next to my attendings during read out as they reviewed pertinent findings or showed me related cases in their teaching files. After work, my co-residents and I might shoot hoops at the gym or grab some food at any of the nearby restaurants.

When COVID arrived, everything changed. I really appreciate how quickly our Chief Residents, Program Directors, and Chairman changed our workflow to optimize our learning and safety. A handful of residents came to the hospital daily to cover services, and the rest of us learned from home. Our morning and afternoon lectures were held over Zoom, and the quantity and quality of the material and teaching remained constant.

The most exciting part of radiology, and the best way to learn it, is dictating cases at the workstation. Our program found a way to bring a "virtual workstation" to our homes! Several residents and faculty members created a Google classroom (RAD EDU) with daily "worklists." We were sent Pacsbin (a cloud based DICOM viewer developed by a prior UMD resident, now one of our faculty!) links to cases from our medical system, presented as unknowns, and we would draft reports for review by senior residents. This allowed us to practice creating a differential diagnosis and dictating concise, relevant reports. We would then "read out" the cases with a senior resident over Zoom. These small group read outs were a comfortable space to ask questions and learn pearls from other residents. We covered cases ranging all subspecialties, from pediatric fracture radiographs to complex brain and spine MR. Some of the seniors even mentioned there were interesting cases in the project that they had yet to see in daily practice!

Here are some testimonials from our then first year residents:

"I truly feel special to be part of this residency program. No chance that any other program is protecting its residents like this and still coming up with innovative ways to continue their education. The camaraderie and unity among our residents and faculty is unmatched."

“The seniors are fabulous and provide extremely in depth feedback! They are awesome!”

We’d love for you to get a glimpse of the new ways we are teaching radiology at the University of Maryland.

Check out your own unknown “worklist” here: <http://www.pacsbin.com/collection/by-qUKzMz8/review>

We are now all back in the hospital, though physical distancing and wearing a mask is enforced. Here is a current day in the life of a first-year radiology resident:

7:15-7:30: I make it to UMMC by driving and parking for free in the covered hospital garage. On my short walk to the hospital, I come across other residents who decided instead to use the free Charm City Circulator bus, the free UM shuttle service, or simply walked from one of the many nearby townhouses and apartment complexes. We decide to make a quick pit stop at Au Bon Pain, the small Starbucks coffee place, or the cafeteria. Time to fuel up on coffee before morning conference!

7:30: The other first years and I are comfortably sitting in the radiology conference room waiting for morning conference to start. The senior residents access the conference via Zoom. One of our renowned faculty members and outstanding teachers is getting ready to give a didactic lecture with interesting cases. Morning conference is structured in focused weekly topics provided by faculty in a comfortable learning environment.

8:35: In the reading room, I settle at my work station and pull up the reading list. I enjoy the incredible balance between autonomy and support that my seniors and faculty give me. As a first year resident, I get to dictate all kinds of studies and interact constantly with primary teams. The senior residents and fellows are either in the reading room with me or a quick phone call away. They are great resources whenever I need them. They sometimes make me look smarter than I actually am! Stress-free in-person or virtual read outs with our attendings provide us with individualized teaching throughout the day. On many of my first year rotations, I learn to perform various procedures, becoming increasingly skilled and confident. I am also exposed to innovative techniques such as contrast-enhanced ultrasounds and contrast-enhanced mammograms.

12:15: I step out of the reading room to get a food court lunch or some food truck goodness! As I head up to the conference room, I pass by my co-residents heating up food from home in our radiology resident kitchen.

12:30: It is now time for noon conference. These are mostly case conferences where the focus is to identify pertinent findings and construct a concise but accurate differential diagnosis. I appreciate hearing how other residents approach a case; I learn so much from my peers!

1:30: Time to go back to the reading rooms. On some services, I’ll participate in the journal clubs or multidisciplinary conferences that occur in the afternoon. On other services, if the workflow allows, we may get a chance to discuss interesting teaching cases and articles.

5:00: Time to leave the hospital!

5:01: I allow myself some free time after work for play. I attend a free online yoga class, sponsored by the campus rec center. Then I catch up with my friends at an outdoor happy hour. Even with COVID restrictions, Charm City has so much to offer.

Here are some other activities current residents have enjoyed:

- Running and biking along the inner harbor

- Crab feasts
- Delicious food all around the city
- Art and food festivals on weekends
- Free outdoor movies and concerts in summertime
- Local Farmers Markets
- Both Orioles and Ravens stadiums are within walking distance from the hospital - enough said!
- Rock climbing
- Baltimore Symphony Orchestra, the Baltimore Hippodrome Theatre, and the Center Stage Theater
- Kayaking, stand-up paddle boarding, yoga
- Running festivals and monthly Party Bike Ride in Baltimore
- 36+ holes of golf on the weekends
- Great hiking trails in the surrounding area
- Amazing museums such as the Walters Art Museum and the Baltimore Museum of Art. For history lovers, Fort McHenry is a must!
- Short drives to DC and Annapolis