

Arianna Vessal, DO:

All right, that's it. Let's go.

Arianna Vessal, DO:

The camaraderie at the residency program is phenomenal. I didn't expect that when I came into residency I would find my best friends. Every day I come in, I feel like I have a sense of purpose, I feel very fulfilled. The best parts of being in a small program, at least, is the fact that we get to spend a lot of one-on-one time with our attendings. So, a lot of those little nuggets of knowledge, I really appreciate. And then you get to make those kinds of networks and connections that you might not otherwise have in a larger program.

Arianna Vessal, DO:

Good morning, everyone.

Speaker 2:

Hey.

Jackie:

Hey.

Arianna Vessal, DO:

Jackie, how was your soccer game?

Jackie:

Good, we won.

Arianna Vessal, DO:

Oh, good!

Arianna Vessal, DO:

So, right now I'm just opening up the electronic health record, so that I can see what patients I have on my panel today.

Arianna Vessal, DO:

Hi, Emma. It's nice to meet you.

Emma:

Hi, nice to meet you.

Arianna Vessal, DO:

So, I just saw my patient, she's been having some abdominal pains. Because she came from the urgent care, they did a lot of the workup that I would've requested. We ruled out any inflammation in her gallbladder, her appendix is okay, her labs look great. So, I am pretty certain that this is going to end up

being something that's more likely viral. I probably wouldn't have been able to diagnose this a year ago and be as confident. When I am able to go and talk with my attending and then they agree with my plan, I feel pretty reaffirmed that my thought process is in the right direction.

Speaker 5:

... what she's due for, and I would make sure inquire about that too, if she wants to get that as well.

Arianna Vessal, DO:

I will do that.

Speaker 5:

But otherwise, good job.

Arianna Vessal, DO:

Thank you.

Speaker 5:

All right.

Arianna Vessal, DO:

Okay, and that's for you.

Emma:

All right, thank you so much.

Arianna Vessal, DO:

No problem. Do you have any questions?

Emma:

No, I think that made a lot of sense.

Arianna Vessal, DO:

Okay, great. Then I'll walk you out.

Emma:

Okay, great. Thank you.

Arianna Vessal, DO:

I felt like that was pretty good. I think that she's going to make a full recovery. Next I have to prep for my next patient.

Arianna Vessal, DO:

Hi, Clarence.

Clarence:

Hey.

Arianna Vessal, DO:

Dr. Vessal. It's so nice to meet you.

Clarence:

Yes, good to meet you as well.

Arianna Vessal, DO:

Yeah. So, I am understanding that you're here for a follow-up on your rheumatoid arthritis? All right, how are you feeling?

Clarence:

Oh, actually feeling much better. There's pain still in existence, but I feel much better.

Arianna Vessal, DO:

At our last visit, we went up on his methotrexate from five tabs to six tabs. He says that he's tolerating the medication change well, no associated symptoms.

Speaker 5:

Okay. Sounds perfect.

Arianna Vessal, DO:

Okay.

Speaker 5:

I'm glad to hear he's doing well.

Arianna Vessal, DO:

Yeah, absolutely. All right, let's go.

Clarence:

Hey.

Speaker 5:

Hello, Clarence.

Clarence:

How're you doing, sir?

Speaker 5:

Hey, good to see you again.

Clarence:

Good, you as well. Thank you.

Speaker 5:

So, Dr. Vessal was filling me in on how you're doing, and it sounds like you're overall doing pretty well.

Clarence:

I am.

Speaker 5:

Happy to hear that.

Clarence:

Yes, thank you.

Speaker 5:

No signs of synovitis, as you were telling me. All right. Yeah, things look perfect, and the rest of your joints feel okay too?

Clarence:

They do.

Speaker 5:

Okay. All right. So, yeah, like Dr. Vessal was telling me, I don't think we need to make any changes with the medicines. We'll just keep doing that routine lab monitoring every three months or so.

Clarence:

Okay.

Speaker 5:

All right, take care of yourself, all right?

Clarence:

Okay, will do. Thank you so much.

Speaker 5:

Yeah, you're welcome. My pleasure.

Clarence:

Have a good one.

Arianna Vessal, DO:

It was so nice meeting you.

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Clarence:

Yes, you as well. Thank you so much.

Speaker 5:

I think that went really well.

Arianna Vessal, DO:

That was fun.

Speaker 5:

Think you did a great job.

Arianna Vessal, DO:

Thank you. I'm going to head over to Abdomen Cafe.

Speaker 5:

Okay. All right.

Arianna Vessal, DO:

All right, see you next week.

Speaker 5:

I'll see you. See you next week.

Arianna Vessal, DO:

Hello. Hi, guys.

Speaker 7:

Hello!

Arianna Vessal, DO:

Hi! Oh my gosh, Shanshan, happy birthday.

Shanshan:

Thank you so much.

MUSIC:

Happy birthday to you.

Residents:

Woo!

Arianna Vessal, DO:

Today's academic half day. We had some guest lectures, and then we also had a town hall. For our first lecture, we had Dr. G, who teaches us about cardiology. So, town hall is when the residents get together, just us, without any attendings around, and we're able to see what the residency does well, things that need to be improved on, and other ways that we can support each other. And then for the end of the day, we had another guest lecturer. He's an interventional cardiologist. He taught us how to better prepare and treat patients that come into our clinic with stable angina. Let's go to happy hour.

Speaker 7:

Hey, everyone, I want to make a toast. I know that we all have a long day, but it's always nice when we can get together and spend time with each other.

Arianna Vessal, DO:

Cheers!

Speaker 11:

Cheers to that.

Residents:

Cheers.

Arianna Vessal, DO:

I didn't think that I would actually learn as much as I have in this past year. Just being around my co-residents, they're the ones that really bring me joy throughout my day. They are just genuinely wonderful people. So, seeing them, being able to spend time with them has been really, really fantastic.