

[PDF] Intern: A Doctor's Initiation

Sandeep Jauhar - pdf download free book



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Description:

From Publishers Weekly Jauhar, a cardiologist who directs the Heart Failure Program at Long Island Jewish Medical Center, completed his internship a decade ago, but still remembers his confusing, tumultuous medical apprenticeship at the prestigious New York Hospital the way soldiers remember war. The son of an embittered immigrant plant geneticist who found the American university tenure system racist, Jauhar dithered over career choices and completed a doctorate in physics before embarking on medicine. Jauhar feels responsible when he botches the blood pressure check on a patient who later dies during an aortic dissection and when he misses the high blood sodium level of a man who then suffers irreversible brain damage. He wonders if he and his colleagues have discriminated against a cardiac patient because of his weight, and helps an

advanced cancer patient's wife decide against the futile insertion of a breathing tube. As his internship progresses, he romances his future wife (an affair he describes with the passion of one buying a used car); cracks under self-doubt and the expectations of his traditional Indian family, and suffers a serious depression. He regrets that as a doctor he is sometimes impatient, emotionless and paternalistic. Although Jauhar carefully elucidates complex medical terminology for lay readers, his thoughtful, valuable memoir will be most relevant to medical students and interns experiencing similar crises. (Jan.)

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Review "In Jauhar's wise memoir of his two-year ordeal of doubt and sleep deprivation at a New York hospital, he takes readers to the heart of every young physician's hardest test: to become a doctor yet remain a human being."—*Time* "Brutally frank . . . The inside look at the workings of the medical internship system is fascinating." —William Grimes, *The New York Times* "Jauhar's stories are timeless [and] interesting." —Barron H. Lerner, *The Washington Post* "A vivid portrait of the culture of a New York City hospital, with its demanding hierarchy and sometimes indifferent cruelty." —Vincent Lam, *The New York Times Book Review*

"Very few books can make you laugh and cry at the same time. This is one of them. Sandeep reveals himself in this book as he takes us on a wondrous journey through one of the most difficult years of his life. It is mandatory reading for anyone who has been even the slightest bit curious about how a doctor gets trained, and for physicians, it is a valuable record of our initiation." —Sanjay Gupta, CNN medical correspondent and author of *Chasing Life*

"*Intern* will resonate not only with doctors, but with anyone who has struggled with the grand question: 'what should I do with my life?' In a voice of profound honesty and intelligence, Sandeep Jauhar gives us an insider's look at the medical profession, and also a dramatic account of the psychological challenges of early adulthood." —Akhil Sharma, author of *An Obedient Father*

"Told of here is a time of travail and testing—a doctor's initiation into the trials of a demanding yet hauntingly affirming profession—all conveyed by a skilled, knowing writer whose words summon memories of his two great predecessors, Dr. Anton Chekhov and Dr. William Carlos Williams: a noble lineage to which this young doctor's mind, heart, and soul entitle him to belong." — Robert Coles

"*Intern* is not just a gripping tale of becoming a doctor. It's also a courageous critique, a saga of an immigrant family living (at times a little uneasily) the American dream, and even a love story. A great read and a valuable addition to the literature--and I use the word advisedly--of medical training." --Melvin Konner, M.D. Ph.D., author of *Becoming a Doctor*

"In this era when medical shows abound on TV, Jauhar demonstrates the power of the written word in the hands of a sensitive, thoughtful observer and an experienced, gifted writer. *Intern* is a compelling, accurate and heartfelt chronicle of what that year is really like. It will be the standard by which future such memoirs will be judged."--Abraham Verghese, author of *My Own Country* and *The Tennis Partner*

"Excellent, well-written... Jauhar captures vividly the uncertainty, fear, and extreme exhaustion that dominates the (residency) experience... As one reads this emotionally powerful story, it becomes clear that the culture in which the interns work is profoundly important to their experience." --Katharine Treadway, *The New England Journal of Medicine* "This insider's account of life on the

ward forces us to contemplate our own mortality. And we emerge from it all with a greater respect for medical professionals and their patients."

-Peter McDermott, *America* "An exceptional accomplishment... beautifully written and incredibly insightful... by far the best memoir of medical student or resident days yet published."

-Kenneth Ludmerer, author of *Learning to Heal: The Development of American Medical Education* "Here Jauhar's skills as both storyteller and compassionate physician are at their best; his encounters illustrate the complexity of real-life clinical decision-making. ...The overall feeling that emerges is that of struggle: patients struggle against the illogical oddities of a broken health care system and less frequently they struggle against their clinicians, but most often they struggle along with their clinicians to reach an acceptable or at least meaningful compromise with the injustices that come with illness. Certainly there are no easy answers, and few writers have conveyed this truth more forcefully than Jauhar. ...Those who enjoy good writing for its own sake will savor the crafted texture of this narrative. ...Jauhar captures the essence of how it feels to be a present-day physician in residency training. ...So long as training to become a physician remains a dynamic process, memoirs like this will continue to serve an important role in exploring and explaining this process to the patients that physicians serve and, perhaps no less, to physicians themselves."

-S. Ryan Gregory, MD, *The Journal of the American Medical Association*

"Jauhar, like most of us, is neither a saint nor an apostle of medicine. He is a little sarcastic, a little bitter, a little naive, a little smarter, and a little stupider than everyone else; in short, the character he writes for himself is the perfect protagonist for a medical internship. As he flinches from the gauntlet run, the grace of his prose allows us to feel every blow. To this young physician, it brought back visceral feelings, and I hope this is not the last literary gut punch we receive from Jauhar."

-Noah Raizman, *The Lancet Review*

"Intense."

-*New York* "This is no made-for-TV sitcom: Dr. House wouldn't last a night in Dr. Jauhar's world."

-*San Diego Union-Tribune* "Following in the path paved by doctor-writers like Lewis Thomas and Richard Selzer, Jauhar writes with grace, precision and passion. What makes him such a stimulating companion is his willingness to couple candid insights into the state of modern American medicine with equally revealing glimpses into the soul of a young doctor."

-*Shelf Awareness* "Jauhar's candid account of his stressful journey is enlightening, educational and eye-opening. After ten successful years in the profession, the author dolefully admits that he is unfazed by the 'small injustices' in hospitals today. Required reading for anyone seriously considering a career in medicine."

-*Kirkus Reviews* "What sets Jauhar's internship story apart from the norm is his candor."

-*Booklist* "Honest and vivid... A well-written medical memoir." -*Library Journal*

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