

Finding Flow

Aditi Trivedi , MD

The sun is still hidden, and the pager begins to beep
It's hour 26 and there are still patients to see
They have seizures, new weakness, unexplained encephalopathy
Now you add a new case of headaches to your list solemnly.

Like a black hole, work swarms and grows and grows
Running, rounding, patient calls, messages, oh we are in the throes!
The mind races, heart flutters, sweat glistens on your skin
Uncovering doubts, insecurities, and fears from within.

You hear pushy talkers, the know-it-alls, the many mentalities
Some seem to intimidate, or bring you to your knees
Now close your eyes, breathe deep my friend,
Recall the special moments that give us peace in the end

You are a fighter, you are enough
Sagan said you are "star-stuff"
So when the times are difficult, as they often may be
Let every breath inspire you to live confidently

From each other we gain fast friends
Sisters and brothers, bound by helping people in the end
Though we may move apart, and are not always together
Those powerful memories are potentiated forever

From our patients, we learn to listen and care
Hearing of where strength comes from when the world seems unfair
We gain hope from their courage, many times teaching us
To stay steadfastly by their side through both times of good health and illness

You put heart into your words as you comfort families
In times of setback, or recovery, you are a source of ease
And let your achievements be not ignored,
You've climbed mountains and crossed oceans, high up you've soared

And so, by the stars, there are days and there are nights
Both are essential for us to climb to new heights
Remember, my friend, you are mighty, you are powerful and strong
A neurologist, a thinker, on a journey just where you belong.



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