5:15am: Alarm goes off…immediately hit snooze (especially if I get to wear scrubs today!)

5:30am: Wake up, shower, and drink a hot cup of coffee on my quick commute to work.

6:30am: Morning sign out – get updates on patients from the overnight intern.

6:45-7:50am: Time to Pre-round and see patients. Review vitals, labs, results, notes, and overnight events for my patients (an average of 5-8 patients). Walk around to go say hello and examine everyone. If you have extra time, try to get your discharges prepared (The patient flow team will thank you!)

8:00-8:45am: Head over to morning conference on the 6th floor of the West Tower. Grab complimentary breakfast with another delicious cup of coffee! Say hello to friends and hear about an interesting case report presented by an upper level resident and facilitated by Dr. Ward. On Thursdays, a PHM intern gets to present a case to Dr. Starke who always has something interesting to teach and brings kolaches (a Texas special – little buns filled with egg and sausage goodness)!

8:45-9:00am: Touch base with fellow and/or upper level resident regarding plans for each patient.

9:00-11:30am: Time for rounds! We usually do work rounds – your team will help you call consults and place orders throughout the morning. On many services this includes family centered rounding, where parents and patients themselves are the focus of the discussion at the bedside. Don’t forget to call your bedside nurse! This will ensure everyone on the team is on the same page.

11:30-12:00pm: This is the time to work on remaining tasks and notes from rounds. Try to call consults prior to lunch. Anyone going to their continuity clinic signs out for the day.

12:00-1:00pm: Noon conference - presentation on rotating pediatric topics with free food provided. Don’t worry if you miss it (for clinic or night float) because the slides/presentations are available online.

1:00-4:00pm: Finish up work, check back on patients, time for teaching. Grab a snack or some Starbucks for the afternoon. If you’re lucky, you’ll catch the teacart for a free cup of tea and a dessert or see Elsa, the hospital therapy dog, on her rounds! See admissions and transfers as they arise. Be sure to update your hand off before sign out!

4:00pm: Sign out to late stay intern once all work is completed. Thank your late stay intern for giving you the chance to run errands, exercise, work on your research, or catch up on Netflix binge watching. Also, sign out is at NOON on weekends and holidays!

4:15-7:00pm: Late stay person takes new admissions, manages the team’s patients, and keeps everyone safe.

7:00pm: Late stay signs out to the night float intern.

7:15pm-6:30am: Night float person admits patients, follows up on tasks, and watches over everybody as they sleep. Make sure to meet up with the rest of the night interns for a midnight McFlurry at McDonalds!

6:30-7:15am: Night float intern signs out to the day team and grabs a quick breakfast taco from the Pavilion

7:15-7:45am: On Tuesday, Wednesday, and Thursday the night interns meet up with Dr. Ward and the Chiefs for night intern morning report. You’ll present cases and discuss events from the night before you get some well-deserved sleep.