

I am indebted to the Medical Dermatology Society, Dr. Nicole Fett of Oregon Health and Science University, and my home program for my ability to participate in the MDS Mentorship Program. During my month in Portland, I had a fantastic experience that will undoubtedly shape my future career and practice habits.

The primary clinical focus of my rotation was complex medical dermatology. I also had an interest in observing other facets of another academic program which led to a wide variety of clinical experiences in both the inpatient and outpatient setting, as well as in the adult and pediatric dermatology clinics. Every Friday morning, I worked with Dr. Fett in her combined Rheum-Derm clinic where I gained insights into managing complex patients with conditions such as generalized morphea and dermatomyositis as well as running a multidisciplinary clinic. I was able to participate in the monthly Rheum-Derm conference, in which we presented a case to the Rheumatology team for interest and management discussion. We then saw a good mix of complex and general dermatology patients in her afternoon clinic. I was impressed by the preparation and thoughtfulness which Dr. Fett approached every patient, from straightforward to complex. I aim to carry this mentality into my future practice. I also spent a significant time with Dr. Lynne Morrison in her complex medical dermatology clinics, with substantial exposure to one of my particular interests, autoimmune blistering diseases. I greatly appreciated the opportunity to discuss diagnosis and management of complex patients with her. I additionally saw many patients with oral lichen planus, a condition I have less often evaluated in my own practice, and gained many practical pearls including tips on mucosal biopsies. I worked with many other providers and appreciated conversations about the management of complex wound care and atopic dermatitis to name a few. I enjoyed the weekly Morphology conferences and was impressed by the presentations given by the residents.

Under the direction of Dr. Fett, I also worked on a research project looking into quality of life in patients with pemphigus vulgaris treated with rituximab versus other modalities. With the assistance of the International Pemphigus and Pemphigoid Foundation, we sent out surveys to patients with pemphigus vulgaris and collected over 200 responses (!). We are in the process of analyzing our results and look forward to presenting this data at the next Medical Dermatology Society meeting.

Finally, a portion of my time was spent gaining exposure to residency education and leadership roles. On numerous occasions, I was able to discuss with Dr. Fett how to better prepare to become a leader within a program and the rewards and challenges of being a program director. I was able to attend the Dermatology Program Evaluation Committee meeting as well as the Graduate Medical Education committee meeting which included a faculty development session on trainee evaluation and assessment tools. From these meetings, I gained valuable lessons that will no doubt be of assistance as I transition from resident to faculty.

I cannot thank the Medical Dermatology Society, Dr. Nicole Fett, the wonderful and welcoming residents and faculty at OHSU, and my home program enough for this career-changing experience. Dr. Fett is the ideal mentor and role model with her impressive balance of clinical, research, and leadership responsibilities. In the future, I hope I am able to give back to and meaningfully impact the career of future MDS mentees!

Brittney Schultz, MD  
Internal Medicine/Dermatology Resident, PGY-4  
University of Minnesota