

LETTER TO EDITOR

IN SEARCH OF EXCELLENCE – HOW IS IT DONE IN THE US?

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When starting off as young doctors, one often wonders what you can do to reach your full potential. Many of us believe that the best way to broaden our horizons is to follow the example of the best. In order to find out what way of practicing medicine we want to follow, we need to seek out new perspectives. It is not a secret that nowadays Europe looks up to the level of medical care in the United States. A great number of the most important research, developments, and discoveries are made in the US; due to this, it is a dream of many Polish medical doctors to be a part of this fascinating world.

We were very fortunate to get a glimpse of this world, at least for a short period of time, as we spent one month as observers at Mayo Clinic in Jacksonville, Florida. Our wonderful experience would not have been possible without the great openness and kindness of the professors and doctors from the Clinic, who agreed to be our mentors and guides throughout that time: Hani M. Wadei M.D., Ernesto Ayala M.D. and Zbigniew K. Wszolek M.D. We also would like to express our gratitude to sponsors of our grant - Fundacja Wygrajmy Zdrowie and Fundacja Adamed that allowed us to travel to Jacksonville, Florida and covered our living expenses there, for believing in investing in educational development of young physicians. We were invited to observe work in different departments – according to our interests. One of us spent time in Hematology and Oncology Department, the other in the Nephrology and Hypertension Unit. It was a very intense and fruitful time. We not only assisted our mentors in their every day work, but also took part in many lectures, and had access to the library and simulation center. The Mayo Clinic Value

Statement describes the aim of the Clinic is “to inspire hope and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education and research.” We were astonished by the commitment of our mentors and willingness to share their knowledge and saw firsthand the statement put into practice. We saw that education is one of the most valued aspects in the Clinic. Likewise, the Clinic puts a lot of emphasis on research. Mayo Clinic’s unique culture of collaboration and teamwork, and its extensive facilities and resources, make it possible for researchers to solve complex research questions. Thanks to the time spent in the Clinic we were able to make new contacts that hopefully will lead to scientific cooperation in the future.

We were fortunate to receive feedback and guidance from our mentors and it gave us new courage and provided assurance that it is always worth a great effort to seek out new opportunities and to look for examples of great clinicians and researchers, in order to emulate and become one in the future. We wish every young doctor is provided with such an incredible opportunity.

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