

### **PGY-3**

The third year of residency is focused on working in an outpatient setting, and each day is different. We have a half day of clinic per week in each of the following five psychiatry clinics: Child/Adolescent, Geriatrics, Addiction, Adult Chronic Mental Illness (COPE), and Adult Short-term Mental Illness (START). There is a lot of teaching this year, and Tuesday afternoons and Wednesday mornings each week are dedicated to didactics taught by different psychiatrists in the department. The rest of the week is flexible time to use for psychotherapy patients, electives, research, study, and to focus on our areas of interest.

Today, I woke up around 6 am, worked out, had breakfast, and reviewed my patients for the day. I got to the Mental Health Center (MHC) around 8am. MHC is a large building located right behind the UNM's main hospital. It has the adult and geriatric psychiatry inpatient units, outpatient clinics, psychiatric emergency department, and psychiatric urgent care. Our child psychiatry outpatient, inpatient, and addiction clinics are located in separate buildings nearby. This morning, I had COPE clinic, which is focused on chronic mental illnesses and consists of patients mostly with primary psychotic disorders. We started the clinic with a discussion-based didactic given by the supervising attendings from 8 to 8:30. I then saw my patients from 8:30 to 12. I have lunch afterward with some of my co-residents. We can use our resident food money in any of the multiple eating locations around the campus.

Some days, I have another clinic or didactics in the afternoon from 1-5pm, but this afternoon was more flexible. I'm the Community psychiatry chief resident, and I had a meeting with the Community/rural psychiatry department to discuss different initiatives we're working on and resident education. I then saw a couple of my therapy patients and had therapy supervision. This year, for therapy, we focus primarily on supportive psychotherapy, psychodynamic psychotherapy, and CBT. I'm also in the Research track and have dedicated time for research. I spent some time working on my research project and discussing it with my mentor. I ended the work day by replying to patient messages, making calls, and finishing up patient notes. I then head home and spend the rest of the day relaxing, cooking dinner, and focusing on my hobbies and interests. This year, we do home call on some weekends at the VA, but we get the

majority of weekends off and have time to enjoy many of the beautiful places and outdoor activities in New Mexico. We also have the option to moonlight on the evenings or weekends in our Psychiatric Emergency Service and make some extra money while also improving our skills.

Ruth D'Cunha, MD, MPH  
Community Psychiatry Chief  
Psychiatry Resident, PGY-3