



## **#30: Journeys of a Free Range Surgeon. With Dr Bronwyn**

### **Fullagar**

Bronwyn is a board certified specialist surgeon who has a different take on what it means, and what it takes, to be a surgeon. When there is not a global viral pandemic she travels the world as a locum surgeon, and in between work stints she shares her skills at several charity organisations in some pretty awesome locations.

### **What will I learn from this episode?**

- What the reality of being a specialist surgeon looks like.
- The path to becoming a specialist surgeon.
- How to make the most of your residency.
- How to stop pointless worry about your patients in the post-operative period.
- How working in the US compares to working in Australia.

### **One thing to remember: How to banish pointless ‘post-op anxiety’ about your patients.**

1. Set clear expectations before surgery: to yourself and to the owners. Discuss what can go wrong and how you’ll deal with it.
2. Make sure you do your absolute best in the OR.
3. When the ‘what-ifs’ set in, ask yourself: what can I do about it right now?



4. Have a plan for if things do go wrong: what will the next step be, how will I fix it? Complications might be annoying and potentially dangerous, but most complications can be dealt with.
5. Consider the consequences of the absolute worst-case scenario. The reality of it is likely not as catastrophic as it feels.

**Bronwyn says:**

*“You have to have the end goal in mind, but you also have to actually **want** to be a resident”* - The journey of being a resident is as much a part of the process as the actual achievement of getting your specialty. Savour it.

**Bronwyn's resources:**

“Do no harm: Stories of life, death and brain surgery” by Henry Marsh  
“Swell: A sailing surfer's voyage of awakening” by Captain Liz Clark.

Hidden brain podcast: <https://www.npr.org/podcasts/510308/hidden-brain>

NPR's Planet Money: <https://www.npr.org/sections/money/>

Worldwide Vets Charity: <https://www.worldwidevets.com>

World Vets Charity: <https://worldvets.org>