

Introduction to the “Fellows and Young GIs Section”

Uyen To¹ · Deborah Proctor¹

Published online: 21 December 2015

© Springer Science+Business Media New York 2015

Welcome to the new section in *Digestive Disease and Sciences* entitled “Fellows and Young GIs Section,” which aims to provide an ongoing discussion regarding relevant topics that gastroenterology fellows and young faculty often encounter during their training or early career. With each of the articles, we pair an expert gastroenterologist/hepatologist with a corresponding fellow in order to provide a broad perspective on the topic. Similarly to the structure of our articles, the editorship of this section is mentored by Dr. Deborah Proctor with gastroenterology fellow Dr. Uyen To. The aim of the section is not only to provide educational materials and resources to which fellows and young faculty can refer, but also to foster an international community that encourages ongoing conversations about old and new challenges within the ever-changing landscape of gastroenterology and hepatology.

The history of mentorship and education can be dated to ancient times; in Homer’s *Odyssey*, Mentor is the beloved friend of Odysseus, king of Ithaca, who upon leaving for the war leaves Mentor to oversee the care and education of his son, Telamachus [1]. When Odysseus is condemned to years of wandering after the war, his now grown son ventures in search of him, with Athena, who takes on the form of Mentor to assist him on his quest [1]. From Socrates to Jung, mentors shape society through education and helping individuals fulfill their potential and goals in life. Currently, from the sciences to the arts there are mentors who continue the

tradition of teaching and helping mentees attain their personal and professional goals.

Nowadays in the USA and internationally, fellows and young faculty encounter multifaceted challenges ranging from balancing their work and personal life to adapting to rapidly evolving new technological advances in medicine in a seemingly endless succession of tasks. Information itself becomes burdensome due to the large amount of articles that are published daily. A fellow in training or young faculty can easily feel overwhelmed and lost without guidance from a mentor who ideally provides an iterative but fulfilling environment that eventuates in meaningful lifelong relationships, collaboration, and professional growth.

To launch our section, we have asked Dr. Paul Feuerstadt, MD, FACG (mentor), and Dr. Nicolas Pulham, MD (fellow), to share their insight and perspective on our first topic entitled “Beyond Fellowship: How to Identify the Right Job For You.” Dr. Paul Feuerstadt is a dedicated member of the American College of Gastroenterology and is a clinical instructor at Yale School of Medicine. His field of research includes *C. difficile*, colonic ischemia, and career development and education for gastroenterology fellows, internal medicine residents, and medical students. Dr. Nicolas Pulham is a third-year clinical gastroenterology fellow at the Yale New Haven Hospital. He completed his residency at University of Southern California and was chief resident before his fellowship. His clinical interests include inflammatory bowel disease and general gastroenterology.

Welcome to the Fellows and Young GIs Section! We hope you enjoy it and join in on the conversation!

✉ Deborah Proctor
Deborah.Proctor@yale.edu

Uyen To
Uyen.To@yale.edu

¹ Department of Digestive diseases, Yale New Haven Hospital, New Haven, CT, USA

Reference

1. Shea GF. *Mentoring*. Rev ed. Menlo Park, CA: Crisp Publications; 1997.