



# DR. AVERY CROCKER

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FAMILY MEDICINE

## What attracted you to medicine?

According to my parents, my first word was 'why' and my desire to continue life-long learning inspired me to pursue medicine as a career. While there are challenges, I am grateful every day to learn from the dedicated physicians who serve as leaders in our community and to be a small part of a patient's journey through childhood, pregnancy, elderhood and illness. It is humbling to learn people's stories and to be a part of the team that creates a Patient's Medical Home.

## What attracted you to your specialty?

During medical school I developed an appreciation for the value of family physicians as a resource for diverse populations – it was truly inspiring to witness family physicians tailoring their treatment approach to each patient as a result of the relationship they carefully built and maintained with those same patients. I also admired the breadth and depth of knowledge that family practitioners employ on a daily basis. These became leading factors which inspired me to pursue family medicine as a specialty.

## What do you find the most rewarding in your residency training?

The most rewarding aspect of residency training thus far has been learning practical medical skills in unfamiliar circumstances and being encouraged by my preceptors to implement that new knowledge into practice. It is so rewarding to see the positive benefits of evidence-based medicine on patients and families, all while building confidence in my skills and knowledge each day.

## What do you find the most challenging in your residency training?

I am always grateful to learn and I recognize that, as trainees, we are in a growth stage and will be constantly confronted by new challenges. That said, I have been particularly challenged by the multidimensional nature of family medicine practice. Put differently, family practice hinges on more than just medicine - beginning to learn the business/overhead/legal management elements of practice has added a whole new dimension to learning optimal patient care.

## What energizes you outside of residency?

Outside of the clinic and the hospital, my passion is balancing my work with self-care. I love doing that by keeping active, baking and spending time with friends and family. In order to give to others, you must have something to give, which comes from self-care and personal well-being!