



July-Aug 2023 Residency Times

Resident Spotlight: Tripti Nagar, 2023-24 Resident Council President
PGY-3, Internal Medicine, Ascension Providence Rochester Hospital

Residency Times: Where did you grow up? How did you become interested in medicine as a career?

Tripti Nagar: My parents originate from India, and I was brought up in a small metro Detroit suburb called Canton until I graduated from high school. From there, I went to Wayne State University for my undergraduate degree and to Western Michigan University in Kalamazoo for my masters' degree in biomedical sciences. When as a young child anyone asked me what I wanted to be when I grew up, I always responded "doctor." I don't come from a family of physicians; in fact, my mom works as a cashier at a local grocery store, and my dad is an accountant in the mortgage industry. However, I did come from a family with big dreams and a lot of drive. Nothing other than medicine really ever sparked my interest, and I've never wanted to pursue any other career, so as clichéd as it seems, I truly believe this was my calling.

To fulfill that dream, I attended Ross University School of Medicine and spent the most arduous time of my academic career on the beautiful island of Dominica. Afterwards, I had the opportunity to come back to Michigan to finish my clinical rotations. The breadth of medicine I sought was found in my Internal Medicine rotation, and so I chose to pursue it as my specialty.

RT: Congratulations on being elected as President of the Resident Council. What does the RC offer our residents?

TN: I discovered the Resident Council early in my intern year after some of my seniors encouraged me to attend a meeting. I found it to be very fulfilling to see the interaction between my program, other programs, and the GME staff, especially with regard to how problems and concerns were addressed and solved. As the year went on and the intern rush wore off, it was comforting to see there was a forum to provide residents with the opportunity to discuss their experiences and also to find solidarity with residents of other WSUGME programs, knowing they were going through similar challenges and experiences. The Resident Council allows residents to see some of the "behind the scenes" work of administration. Often it's hard to maintain perspective when things are not going well but to see the work that goes on at a higher level was important for me to see how our concerns were being addressed.

RT: What are your goals for the RC in the upcoming year?

TN: I would love to see more involvement in the RC by all the residencies! Residents from all specialties have occasionally attended the meetings, but those who have been most involved have been the class representatives. I'd love to get to know more people in each program and hear their stories about residency, their achievements, their struggles and unique experiences that we can all learn from.

RT: Any advice for incoming interns or current residents?

TN: Residency has been such a fun time in my life, and I've really enjoyed all the opportunities that I've found to engage in this community, but as I enter my last year, I've come to realize how finite this experience is. I think it's so important to engage with your fellow residents and your program, make this experience the absolute best of what it can be, and really lean into the support and company of the people around you.



Dr. Nagar at the 2022 American College of Gastroenterology Annual Scientific Meeting held last October in Charlotte. She was first author on 4 papers and co-author of 5 papers presented at this meeting.