Alumni – Eaton Critical Care

Audio	Video
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text in center of screen: Critical Care Medicine
[Dr. Eaton] My name is Jonathan Eaton. Graduated medical school in 2012. Practice critical care medicine here at LSU Health Shreveport. I've actually been in private practice for three years prior to coming back here.	Man with straight short hair. He has a reddish beard and mustache and is wearing a black zip jacket over green scrubs and is seated in front of a dark blue washed background Text: Jonathan Eaton, M D Critical Care Medicine Ochsner L S U Health Shreveport
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: Why did you chose Critical Care Medicine?
[Dr. Eaton] When I was in medical school, I loved anatomy. Really thought I was going to do trauma. I love surgical related things, but ultimately decided that the lifestyle was probably not completely what I wanted to do long term. Certainly being single, having no family, doing trauma critical care would be much easier than having a family life involved. So I decided to go against that route and thought I could still enjoy doing the ICU part of things and ended up actually talking to one of my current mentors, who's Keith Scott, who's one of our intensivist here, and talked to him very early on in residency and decided that critical care was the route for me.	Dr. Eaton on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What do you enjoy most about Critical Care Medicine?

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[Dr. Eaton] Being able to take care of really sick people and make a difference in their lives. And these people are coming in sometimes on death's door and being able to turn them around and have them survive and see a very quick change in how they do. And certainly not all of them survive. And being able to help those even that don't and help their families come to grips with what's going on. And having those conversations is really probably the thing that I enjoy the most.	Dr. Eaton on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What is the hardest thing about Critical Care Medicine?
[Dr. Eaton] The hardest thing is talking to those families of those patients who are not doing well and don't end up surviving. They're very hard conversations and despite having had numerous of those conversations, they never get easier.	Dr. Eaton on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: Are there certain personality traits that fit your specialty?
[Dr. Eaton] Yes, you have to be a very type-A personality. You've got to be very detail oriented to take care of these people, because the details truly do matter.	Dr. Eaton on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: How is your work life balance?

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[Dr. Eaton] That's an interesting question, and you'll probably get a different answer from my wife than you're going to get from me. But part of the reason I came back into academics was to have a better work life balance. When I was in private practice, I worked all the time, never was very much at home and now being able to spend more time at home with a growing family is is much more, much a very much important to me and and something that I'm focusing more on. So I think I have a much better work life balance now than I did when I first got out.	Dr. Eaton on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: How do you handle work stress?
[Dr. Eaton] I guess a couple of different ways. I work out a lot. That's one thing that I can do just to de-stress, whether it be running a riding, bike, etc. I don't know that LSU football this year would be a de-stressor. Last year it certainly was. This year it seems just to be adding more. But you know, watching football and just enjoying time with friends and family, trying as much as you can to get away from from work and not bring it home and keep it at work is probably the best ways.	Dr. Eaton on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What do you wish you had known before choosing your specialty?

Audio	Video
[Dr. Eaton] Good question. You know, being in general, like when you're choosing a specialty and trying to figure out what you want to do, make sure that you're passionate about whatever it is. You know, I love what I do. I never I've never once thought about doing anything differently from the time that I started doing it. It's it's every single day is I enjoy coming to work and enjoy taking care of patients. Certainly there's going to be bad days no matter what you do, But even on your worst day, you still want to make sure you enjoy what you do.	Dr. Eaton on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What advice do you have for medical students interested in Critical Care Medicine?
[Dr. Eaton] You know, I think the biggest piece of advice I would give medical students in trying to decide what they want to do is, you know, number one, figure out, do you want to do surgery or do you not - and that can be surgery or any of its numerous subspecialties. Do you want to take care of kids or do you want to take care of adults? And if you don't really know yet, well then there's med/peds which combines both of those and just kind of take it one day at a time. The biggest piece of advice I would have is when you're going through your third year, take every rotation and learn as much about it as you can, because regardless of what field you end up going into, the more you know about what everybody else does, the more it's going to help you figure out how to take care of patients in whatever you're doing.	Dr. Eaton on camera

Audio	Video
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the top center of the screen. Text in gold and white font reads: Special thanks to Doctor Jonathan Eaton, Critical Care Medicine, L S U Health Shreveport Resident and Fellow 20 12 through 2017, Ochsner L S U Health Shreveport 15 41 Kings Highway, Shreveport Louisiana 7 1 1 0 3