Alumni – Evans Cardiothoracic Surgery

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: Cardiothoracic Surgery
[Dr. Evans] John Evans graduated from LSU Health Shreveport Medical School in 2011. I practice cardiothoracic and vascular surgery at Christus Highland here in Shreveport.	Fair man with thick black hair parted on the side. He is wearing a white doctors coat over a blue dress shirt and yellow tie. He is seated in front of a dark blue washed background Text: John Evans, M D Cardiothoracic and Vascular Surgery Christus Health Shreveport Bossier
[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 Cardiothoracic Surgery
[Dr. Evans] I knew starting my third year of medical school I actually enjoyed cancer and thought I wanted to do hematology oncology. Then I rotated here with in the General Surgery Department, Dr. Ben Li, Dr. Dean Griffin and those guys and fell in love with surgery. At that point I realized I really wanted this surgery. So that that got me into the into it really sparked my interest in surgery. And then in training I realized how much I love cardiothoracic surgery, so about midway through my general surgery residency, realized that cardiothoracic would be the avenue I wanted to pursue.	Dr. Evans 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 Cardiothoracic Surgery

Audio	Video
[Dr. Evans] Cardiothoracic surgery is it's an exhilarating field. It's it's an adrenaline rush. You're dealing with high stakes real estate - the heart and lungs, they're moving. There's not a lot of room for error. You kinda have to stay a little bit composed. So I really enjoy the rush you get operating on those organs and the patients themselves have usually critical diseases. And and so it's it's very rewarding when things go well is extremely rewarding. So it's it's the anatomy, the diseases, the pathology is really what I enjoy about the about the field.	Dr. Evans 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 Cardiothoracic Surgery
[Dr. Evans] Technically, the operations are demanding. I remember in general surgery. That's one of the things that really drew me to cardiothoracic surgery was I thought those surgeons were spectacular. I really did. And what I was seeing those guys do in the operating room really, really created a desire for me to want to be able to do that. And it's a challenge. I wanted to challenge myself to be able to to do those operations. And so seeing those surgeons operate as they did with the technical demands of the operation itself and then with the stakes and the implications, these patients are sick. And when something goes wrong, it may not - the outcomes are usually life and death. So if an operation goes poorly, usually that means the patient's had something horrible - happen heart attack, stroke or death. And so that it can be tough. Some some when things don't. Well, they can be those can be tough days.	Dr. Evans 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?

Audio	Video
[Dr. Evans] I think in an ideal world, there are personality traits that each specialty would have. And I think that there are ideal personality traits that serve you well in whatever field you go into. I think most importantly to medical students looking to do a residency and get trained in a specialty, most importantly, or they probably heard this a few times the three A's. So affability, availability and ability in that order really is what is going to set you apart. And if you if you can master those three things, you can excel in whatever field you want. But I think specifically to answer your question, with the classic personality traits in cardiothoracic surgery, you're going to think of somebody who's just kind of the stone cold surgeon who's tough to deal with in the operating room. But I think that's really changed. I think I think you need to enjoy working under pressure. With heart surgery you're on the clock. You can't have the heart stopped forever. So you've got to be moving. You got act. You got to be efficient and effective on the clock. So I think having some composure but enjoying the rush of an operation requires you to act quickly and effectively. And the adrenaline that comes with that. I think it's this the personality traits that people generally have when they go into this field. I would say.	Dr. Evans 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?

Audio	Video
[Dr. Evans] Now that I'm working, it's much better. In training, like you ask most people, there's not a whole lot of balance. So it's a stress on your family life. If you are married with kids at certainly stress. Your wife's not gonna be happy alot if you're working late, your kids may kind of forget who you are, you have to reintroduce yourself to them when you get back home at night. But as you get out in the practice, the beautiful thing about that is you can make it what you want to. And so you can schedule an operation here, but if your kid has a ball game, you can tell your secretary, “Hey, I keep this day open or keep this block open.” So by nature, surgical specialties, they are generally busier. And patients sometimes they get into a bind where you have to operate or you got to do this or that. It's not an elective situation where you can take that time. But in general, as any practicing physician has fairly solid control over their schedule when they're not on call and can adjust accordingly to really balance their life, their work life balance.	Dr. Evans 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?

Audio	Video
[Dr. Evans] I think number one, you have to enjoy your job. So number one, you got to enjoy your job. If you don't enjoy it, you're not going be happy. You're going to be overtly stressed at work. People are going to be asking “What's up with this guy?” So you got to make sure you're going in something that you really enjoy. And a lot of times it takes going into that to see if even enjoy it. That's why you see some residents who don't finish the program. Because they thought they liked it, they got into it with the toe in the water, didn't like it, and had to do something else. Make sure you enjoy your job and then everything else kind of falls into place. But to to alleviate stress, I think just trying to be a healthy person. And, you know, here at LSU in medical school, I remember one of the first classes we had was how to take care of yourself, because you're going to be studying around the clock. You're going to have all these stresses. You're going to really you can set yourself up for failure. So eating healthy, exercising. I go and ride my bike on the river, you know, several mornings each each each week and just kind of burn off a little steam. And it's it's therapeutic to me. Also hunting. I enjoy hunting. Some people enjoy hunting, getting out into a stand and just being in nature. But things like that find what you want, but yet you need to have an outlet. But if you enjoy your job, you'll be able to manage your stress.	Dr. Evans 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. Evans] My general recommendation would be when you're in medical school, work as hard as you can try and do, as well as you can. Try and make the best grades you possibly can. Reach your total potential. Whenever you're on a rotation, your third and fourth year, you may not you may do an internal medicine rotation. You're like, I'm not ever going to be a medicine resident, and so I'm not going to work hard in this in this rotation I'm gonna loaf on this rotation, well that gets out. You know, people will perceive that as somebody who doesn't work hard, somebody that's, you know, taking some time off and that will - to really optimize your chance - What you want to do is when you finish medical school, LSU provides everything you need to go out and go wherever the heck you want and do whatever the heck you want. But you've got to commit yourself to doing the best you can. And at the end of this, you want to be when you want to look at all your options and say you have not excluded any options because you under-performed academically, you want to do dermatology. Well, hope you worked hard enough to to do that, and I hope you didn't rule that out about underperforming in this class or on that rotation. And if you worked as hard as you possibly can, you won't have any regrets and you can do whatever you want.	Dr. Evans 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 Cardiothoracic Surgery

Audio	Video
[Dr. Evans] There's two ways to get into cardiothoracic surgery. One's the traditional route where you go into general surgery and from there you do another residency in cardiothoracic surgery. And that's what I did and that's what most people still do. But now they have an integrated program and go straight from medical school into a cardiothoracic surgery training program. And I think people that want to go that route and you may shave a couple of years off of your training experience and that's great. But you also need to have a firm understanding of what you're getting into and make sure you enjoy it. It's a demanding specialty and certainly a demanding training. If you're married, you have kids. You need to take all that in consideration because like a lot of surgical specialties, your your time is tied up at the hospital, specifically in training. And so that's that's one thing where you have to just make sure you want to do it. And I think that the traditional route going through general surgery, you'll understand if cardio thoracic surgery for you. Most medical students, to be honest, cardio thoracic surgery, it's it's not something they have much exposure to. So going straight into that. You got to have a lot of exposure and really be confident that that's what you want to do. So I think the safer out is, if you like, surgery, go into general surgery and from there you can really branch off into something specific, you know, as you see fit, as you progress in your training.	Dr. Evans on camera
[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 John M. Evans, Cardiothoracic and Vascular Surgery, L S U Class of 20 11, Christus Health Shreveport Bossier, 14 53 East Bert Kouns, Suite 319, Shreveport, Louisiana 7 1 1 0 5