Alumni – Guidry MedPeds Hospitalist

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: Internal Medicine Pediatrics (Hospitalist)
[Dr. Guidry] My name is Paul Guidry. I graduated in 2012 from LSU Health in Shreveport, and I practice as an internal medicine pediatrics doctor working as a hospitalist at Willis Knighton in Bossier City.	Tanned man with dark hair receding hair, wearing a white lab coat over a blue oxford shirt. He is seated in front of a dark blue washed background Text: Paul Guidry, M D Internal Medicine Pediatrics Hospitalist Willis-Knighton 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 choose Internal Medicine Pediatrics?
[Dr. Guidry] So I really wasn't quite sure what I wanted to do when third year came around. And I enjoyed internal medicine and I enjoyed pediatrics and I didn't know if I wanted to be a specialist or just primary care. And so Med/Peds sort of opens up that window to a lot. With only an extra year of training. You're certified in both internal medicine and pediatrics. So that's really the main reason I chose that. I also really enjoyed sort of the whole spectrum from birth all the way all the way through. So that's what that's what drew me to Med/Peds.	Dr. Guidry 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 Internal Medicine Pediatrics?

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[Dr. Guidry] So I've as I went through training in my four years, I sort of realized that I was more of an internist than a pediatrician. So I work with mainly adults now. And I also realized that I enjoyed the inpatient setting more than the outpatient setting. So that's sort of what drew me to being an internal medicine hospitalist. So I really don't do much pediatrics anymore.	Dr. Guidry 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 Internal Medicine Pediatrics?
[Dr. Guidry] So I think figuring out exactly where your niche is within pediatrics and internal medicine and whether you want to do inpatient or outpatient and, you know, residency helps you figure a lot of those things out. But I like the acuity and sort of the fast pace of the hospital. And so so that's why sort of drew me to that.	Dr. Guidry 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. Guidry] Yeah. So come one, come all, right?. So it's really sort of varied. And I have friends that I trained with that are a complete opposite of me and, and enjoy pediatric outpatient clinic. So I think that, you know, there isn't one personality type that that Med/Peds is is special for. I think that you know finding the niche within the subspecialty and being able to follow that is is what's best about about the practice. And you can go from being general to doing an internal medicine or a pediatric subspecialty and still having that that pediatrics or internal medicine training.	Dr. Guidry 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. Guidry] So I work seven days on and seven days off. So in my time off, you know, available to my family and free to do whatever, whatever there is that needs to be done or that I'm looking to do. So I feel like my work life balance is probably, you know, definitely on the end of the spectrum that's, you know, very fulfilling. And that's important to me with young children and a wife at home.	Dr. Guidry 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. Guidry] I really try to leave my work at work. I try not to bring it home. I think that's probably one of the most important things that any physician can do for themselves. You know, unless you're on call, you really don't need to bring it home. And I think that's important for our our mental health as a profession. I have various hobbies. I think one of the most important things for me is being physically active at least a few times a week. Try to work off some of that stress and then just kind of escaping town and going out to the farm or to play with my kids and, you know, run around and do things where you're not really thinking about, you know, sort of the stressful things in your life.	Dr. Guidry 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. Guidry] You know, I would repeat doing internal medicine and pediatrics again, just because of the variety of choices that you have. I think it's would be most helpful to someone to know if they're really looking for, you know, initially surgery or primary care. And then do you want to be in a clinic or do you want to be in a hospital setting? And I think if you can figure those two things out, any residency that you go into, internal medicine especially, you're going to find something that makes you really happy.	Dr. Guidry 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 Internal Medicine Pediatrics?
[Dr. Guidry] Again, sort of that outpatient versus inpatient perspective, knowing exactly what primary care entails. Medicine is changing all the time. Primary care is becoming more important as we as we move forward, sort of the medical home. And I think that knowing whether you want to do inpatient or outpatient sort of primary care or surgery is if you can delineate those things, it's going to be most helpful.	Dr. Guidry 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 Paul T Guidry Hospitalist, L S U Health Shreveport Class of 20 12. W K Bossier Health Center, 24 hundred Hospital Drive, Bossier City, Louisiana 7 1 1 1 1