Alumni – Mercer Family Medicine

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: Family Medicine
[Dr. Mercer] My name is Sharon Mercer. I am a family practice physician, finished here in 1998. I'm at the same practice I started from the beginning, which was the Family Doctors on Millicent.	Woman with medium complexion. She has a dark bob and is wearing a white doctors coat over a dark blouse and is seated in front of a dark blue washed background. Text: Pamela Mercer, M D Family Practice Physician The Family Doctors
[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 Family Medicine?
[Dr. Mercer] I handled this a little bit different than a lot of people. I worked my way backwards. I - when we started the third year, and we started doing rotations, I started kind of deciding what I liked and didn't like, and I approached it from 'Let me eliminate what I didn't like' along the way. And as I started to eliminate what I didn't like, I kind of came across that I liked to do a little bit of a lot of different things and some things I didn't like to do a lot of. So family practice felt a little bit more natural because I could handle and I could do a little bit of different things along the way. So that's kind of how it came to it. There was definite some things I didn't want to do.	Dr. Mercer 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 Family Medicine

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[Dr. Mercer] I get to do, I get to do a lot of different parts of medicine. And also we're pretty intimately involved in people's lives, which I like sometimes. We get to know families, we get to know multiple generations of families, and that helps us to know what's going on in people's lives. And so that that I love about that, that there's more than just medicine in our world. We we get to know a lot about people's lives and what's going on, and that helps us decide what to do if a situation comes up.	Dr. Mercer 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 Family Medicine?
[Dr. Mercer] I think we're the gatekeepers. And as the gatekeepers, you're sort of responsible for everything, even though you may not always be, but you are sort of ground zero on this. And anything that comes through we have to be aware of, we have to be the ones that direct people in in certain directions. We have to make that decision where they go, where they don't go. But we also have to be involved in everything that comes their way. So yeah, we're we're it when it comes to where the decisions begin.	Dr. Mercer 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. Mercer] You have to be patient and you have to be flexible. You start off a day with a schedule and what it looks like on a schedule never is how it ends. At the end of the day, you've you've seen things that weren't necessarily on the schedule. You've dealt with issues, you've dealt with certain crises (or not) during the day, but you have to be pretty flexible in the day because what you think is going to start out it never ends up that way, which is is fine, but you have to be pretty fairly patient and flexible. Those are the two things I would say on on that. And you have to be willing to enjoy multiple aspects because a patient's not just going to come in with “I have high blood pressure” or “I'm a diabetic” and leave it at that. It's going to be multitudes of other things that come their way that day that they need and you've got to kind of pull it out of them and make sure that you address that for them.	Dr. Mercer 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?
[Dr. Mercer] Some days are better than others. Some days it's all encompassing. A balance is so important to find things outside of work so that you are better at your job. And I try to do some things outside. I like to travel, like to exercise, hanging out with, you know, with friends and and doing things. I have two boys and they have kept me very busy over the years. So it is vital to to have a balance or you're not going to be good at any of it. So balance is so important.	Dr. Mercer 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. Mercer] I think that's that's what we were just talking about. You have to find an outlet other than medicine all day or it'll consume you. And then you won't be a good doctor or won't be good at anything else. So finding something that you enjoy outside of work keeps you better centered and balanced to do your job better on any given day. So find hobbies, find things that you love, and if not, just look for things that you'd liked to do before all of this.	Dr. Mercer 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?
[Dr. Mercer] That's a hard question. I really hard question. I think when we started, medicine was also different. So I've been in practice right at 20 years. And when we started what it looked like and today is so different, I don't think I knew the depth of complexity of what I was going to go into in family practice. We thought we were going to handle a multitude of medical issues, but it grew into a whole wider area. So I think there's a lot more to it than that necessarily we started at, but we had to adapt to it and I think over time we learned to kind of go with the flow, with the changes that happened with medicine as a whole.	Dr. Mercer 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 to you have for medical students interested in Family Medicine?

Audio	Video
[Dr. Mercer] I think you have to be comfortable with what this profession is. It is primary care, so you are taking care of people's almost the majority of their ailments until something special or out of your, your specialty happens and then you send them on. You have to be comfortable handling a lot of different ailments, a lot of different situations. You have to be flexible. You have to be able to spend a lot of time when a situation arises. And yeah, you have to be able to handle a lot of multiple aspects. We we start off with kids, we go all the way up to geriatrics. There's a lot that can happen in that in that age group, you've got to be ready to to adapt as the situation arises.	Dr. Mercer 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 Sherin H. Mercer, Family Medicine, L S U Class of 19 98, The Family Doctors, 83 83 Millicent Way, Shreveport, Louisiana 7 1 1 1 5