

## **LEARN AT LUNCH WITH DR. CASEY BATTEN ON 11/9/20**

### Dr. Batten's Contact Info/Background:

[Casey.Batten@cskerlanjobe.org](mailto:Casey.Batten@cskerlanjobe.org)

- Originally from Madison, WI
- Parent of a child in OPUSD
- Sports med physician and primary care doctor
- Training in family medicine
- Handles injections, ultrasounds, small surgeries (but mostly non-operative)
- Works for Kerlan Jobe Orthopedic Institute (clinics in Westlake Village and L.A.)
- Team doctor for L.A. Rams and attends all home and away games

### Dr. Batten's workday (in his office and for the Rams):

- Works from 7am-5:30pm
- Sees patients ages 10-90
- Treats head injuries, concussions, medical conditions due to sports
- Handles healthcare for the L.A. Rams and examines 300+ players
- Advises team during the NFL draft
- Conducts physical exams during the year
- Handles health care whether related to football or not
- Attends home and away games, practices, and training sessions
- Goes to football camp in August for 4-6 weeks

### Dr. Batten's Education:

- Attended the University of Wisconsin-Madison
- Switched from Chemical Engineering major to Kinesiology/Exercise Physiology
- 1 class away from a double major (Wisconsin didn't have minors at the time)
- Attended Medical College of Wisconsin (4 years)
- Residency at the University of Tennessee (3 years)
- Fellowship at UC-Berkeley (1 year)

### Typical Educational Background for Becoming a Doctor:

- 4 years of college
- 4 years of med school
- 3-4 years for residency
- 1 year for specialty
- 1 year for fellowship

### Different Types of Medicine Related to Sports Medicine:

- Family medicine
- Internal medicine
- Emergency medicine
- Orthopedic medicine

### Dr. Batten's Early Career Considerations:

- Thought he would teach anatomy
- Considered emergency medicine
- Chose sports medicine as a result of having several mentors in sports med
- Choice was between orthopedic surgery vs. primary care sports medicine
- 2 questions you need to ask yourself if you're considering medicine:
  1. Do you like to work with patients or not?
  2. Do you like procedures involving your hands?
- The answers to these questions will help to determine the specialty/specialties for which you're a good fit

### What Dr. Batten Likes about Being a Physician:

- I love my job and feel lucky to do what I do
- Being a doctor is great and I would choose this profession all over again
- A lot of flexibility with primary care—can work full-time or part-time, can work in different settings
- Focus is on injury prevention

### What Dr. Batten Dislikes about Being a Physician:

- A lot of paperwork (1/2 of a 10-hour day is charting, sending prescriptions to pharmacies, etc.) and no more than 1/2 of your time is spent with patients
- Time spent away from my family (weekdays and weekends)
- Tremendous amount of work for L.A. Rams players and staff during football games, so he doesn't get to see the entire game

### Dr. Batten's Advice for OPHS Students Interested in Medicine:

- Do what you love and where it takes you
- Some people think you make a lot of \$, but \$ doesn't buy you happiness
- Make sure you have a lot of passion for what you do
- In this field, you need to want to help patients

- Requires dedication throughout your training
- You need to be a good person, have a good bedside manner, make patients feel comfortable with you

#### Dr. Batten's Input regarding medical school:

- Competitive to get into medical school
- Don't be an "education snob" when it comes to medical school. There are smart medical students everywhere.
- Better to have a 4.0 from a less well-known school compared to a 3.0 from a very well-known school
- You can become a doctor no matter what college or med school you go to
- Each med school looks for slightly different things, but high MCAT scores and strong grades/GPA are important
- First 2 years of med school are more classroom-based and 2<sup>nd</sup> 2 years of med school are more clinical-based
- I didn't have to sacrifice everything in my life to become a doctor (I had balance)

#### Advice for College Internships:

- Students interested in sports medicine should seek out internships available through their college's Athletic Department (can be very beneficial to get real world experience)
- Job shadowing was possible prior to COVID, but not now

#### Sports Psychology vs. Sports Medicine

- Sports psychology involves a psychology degree (different from an MD)
- Different trainings and settings for this field
- could involve treating alcoholism, drug use, etc. which some athletes suffer from

#### Advice for High Schoolers:

- You have to be organized, diligent, get your work done, set a schedule and stick to it
- Decide how you want to balance your life
- Remember that nothing good comes easy