

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

Dr. Batten's Contact Info/Background:

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 ½ 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 2nd 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