

## FAFP FEBRUARY MEMBER SPOTLIGHT

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Passion and curiosity - these are the first words that come to mind when I think about my journey in family medicine. In coaching students, I counsel them to stay aware of the days that they feel like they could be on the rotation forever, even with little sleep and wanting to return to that clinical environment when on other rotations. This might be their passion and future specialty choice. For me, this was evident right off the bat. I started third year with the family medicine rotation, working with Dr. Kevin Elder in sports medicine, and I don't think I ever left the family/sports medicine clinic. Like many of you, I enjoy doing 'everything' while battling disease in the trenches. It is just one factor in the pool of reasons that I believe that I am called to our specialty. I love it when I get to see my patients shopping, at the athletic complex, and at church. I enjoy times in the clinic when I get to take care of multiple members of the same family and when we just look at pictures of spouses and children. This bond of common humanity strengthens our relationship as we grow together in life towards achieving optimal health.

In developing habits of lifelong learning, I think that curiosity is the cornerstone of achievement in this area. I like to try something new every few years, not looking for success, but simply enjoying the discovery process of developing the skill. One area where this has stuck with me is in Olympic

style foil fencing and I hope to make the USA Veteran team at least once in my life. This sport is so simultaneously complex and simple that there is not truly a set of advantages/disadvantages based on your anatomy, personality or background. Neither you or your opponent stay the same as you continue practice and develop motor and mental tactics. You can find me coaching young fencers at UF and Invictus Fencing Club in my free time.

In line with my pursuit to continue to experience new things, this year, I am learning to deepen my reliance on and contentment in God. This year, I have set out to try the 'Soul Revolution 60-60' experiment and will be reading *Practicing His Presence* by Brother Lawrence. This is helping me flourish as I connect with my closest friends and develop strong community bonds in a setting where vulnerability and honesty are cultivated and celebrated. It is wonderful to see this as fertile ground to continue to grow and change into a more compassionate human. Difficult, yet fulfilling. So, try a new activity this year and embrace the process of learning. As one of my coaches says, 'I don't have losses, just lots of learning experiences, and I have lots of them!'

Passion and curiosity also drive my involvement in medical education. I am developing my educational leadership skills as a current assistant clerkship director for the third-year family medicine

clerkship at UF. I hope to continue to deepen my involvement in the future as the clerkship director, supporting a collaborative, learner-centered curriculum that prepares students for the rapid changes occurring today in healthcare. Despite my enthusiasm for teaching, I recognized a few years ago that having the label 'attending' did not automatically equate to adequate training to be an effective clinician-educator and decided to obtain my Master in Academic Medicine. As a result of completing this degree program, I now better understand how to educate our future colleagues, reigniting my passion for medical student education. A grateful shout out to Dr. Eduardo Gonzalez and the USF Family Medicine department for laying the foundation for this opportunity.

The future of family medicine can, at times, seem uncertain, but overall, I think it is going to be exciting as we lead in adapting to new technology and different expressions of humanity. In front of us is the wide-open opportunity to direct the conversation on how to integrate artificial intelligence into the care of our patients and how to change the way we train future family medicine physicians. I look forward to pursuing, alongside all of you, a lifelong commitment to learning about the future, asking questions, and embracing the process of learning.