

Pediatric Insight: Physician Perspectives

The Power of Physician Mentorship: My Personal Journey

I'm extremely passionate about my role as a pediatric nephrologist and feel honored to be a part of child health at such a pivotal time. When I accepted my position as division chief of pediatric nephrology at the OU College of Medicine, I quickly learned that with so few nephrology colleagues to lean on across the country, being in a leadership role can feel a bit solitary at times.

However, in working with CareerPhysician and the Child Health Advisory Council™ (CHAC), I was provided with access to their New Leader Engagement Program (NLEP) that would end up being an important part of my success – a specialty coach and mentor to guide me through the initial year of my leadership journey. In working monthly with Dr. Bruder Stapleton, chair of the CHAC and a pediatric nephrologist and former department chair, I gained invaluable insight and direction that enabled me to have more confidence as I embarked on my chief role.

Nurturing Growth

When I began my journey as a young physician leader, I had many questions and scenarios where a sounding board was helpful. In partnership with my chair, Dr. Stapleton provided me with advice that was critical in building my division's academic and clinical programs. His confidence in me was empowering as I explored my strengths, identified areas for improvement and developed strategic initiatives for the future. Over time, I gained confidence in my abilities to address administrative questions, resolve conflicts and communicate with various leaders in our organization

Knowledge Transfer and Skill Development

It was incredibly helpful to discuss ideas and strategy with a pediatric nephrologist with long-standing leadership experience. He was very familiar with our program and culture, having completed a division review as part of CareerPhysician's detailed search process, and was able to impart wisdom that has helped to facilitate my success here at the University of Oklahoma. As my NLEP advisor, Dr. Stapleton generously shared his insights, lessons learned and clinical expertise with me. His reflections have not only refined my skill in strategic planning but also enhanced my understanding of institutional operations. With his mentorship, I have enjoyed staying at the



About Ikuyo Yamaguchi

Ikuyo Yamaguchi, MD, PhD is a pediatric nephrologist at Oklahoma Children's Hospital OU Health, and she serves as the division chief of pediatric nephrology at the OU College of Medicine in Oklahoma City. Board-certified in pediatric nephrology, Dr. Yamaguchi specializes in hypertension, chronic kidney disease and kidney transplantation.

Dr. Yamaguchi received her medical degree from Kumamoto University and her PhD from Kurume University in Japan. She completed a residency in pediatrics at Georgetown University Medical Center in Washington, DC and a fellowship in pediatric nephrology at Seattle Children's Hospital in Seattle, WA.

forefront of programmatic advancements, while pursuing my goal to provide the best possible care to my patients.

Navigating Challenges and Striving for Work-Life Balance

As physicians, we face numerous challenges in our demanding roles, including burnout and maintaining a healthy work-life balance. Having a mentor has provided me with a safe space to discuss and navigate these challenges. I have learned effective coping mechanisms, prioritized self-care and managed the demands of my profession. Having a mentor who understands the intricacies of our field, as well as our academic environment, is a tremendous asset in maintaining a healthy work-life balance and thriving in our careers.

Now that I have been in my role as division chief for two years, I am enjoying my leadership position and am excited about the clinical and academic progress of my colleagues and the growth of our end-stage kidney programs. I look forward to continuing our advancements in child health and know the support provided by Dr. Stapleton has had a positive impact on my career.

About CareerPhysician

CareerPhysician is the national leader in academic child health executive search and leadership development with 24 years of unprecedented success supporting the complex faculty and executive leadership needs of departments of pediatrics and child health organizations.

With an extensive network of pediatric leaders and a dedicated team of seasoned search professionals, CareerPhysician is exclusively dedicated to helping child health organizations find transformational talent to improve health outcomes for children.

Through its partnership with the Child Health Advisory Council, CareerPhysician is offering departments and children's hospitals innovative talent solutions proven to yield success in the face of current work force shortages. To learn more, visit [careerphysician.com](https://www.careerphysician.com).