

Five Questions for Jai Madhok, MD

Hometown: Dubai

Medical School: Stanford University

Status: Fellow

What piqued your interest in critical care medicine and adult cardiothoracic anesthesiology, leading to a dual fellowship?

What excites me most about combined training is being able to care for patients undergoing complex cardiothoracic operations, such as [for] organ transplants and mechanical support devices, throughout the entire spectrum of their perioperative care. ... Having the skills and expertise to guide patients and their families through every part of their journey is a great privilege.

When and why did you decide to become a physician?

I came to the U.S. at age 18 to pursue my undergraduate degree in biomedical engineering at Johns Hopkins University. Given the program's close relationship with the School of Medicine, I was exposed to many physicians who took care of patients, taught us in advanced biomedical engineering courses and conducted cutting-edge research in their labs. Around the same time, I volunteered at a clinic for the underserved and unhoused in Baltimore and working there solidified my desire to go to medical school.

Why did you choose Stanford anesthesiology?

Stanford has a fantastic clinical training program with amazing faculty, some of whom I had the privilege of working with as a medical student. I was personally drawn to the central role played by the department in the cardiovascular intensive care unit, preoperative clinics and the possibility of being able to work with and learn from some of the pioneers in the field. I was also drawn to the camaraderie between the residents.

What is the biggest lesson medical school and residency has taught you?

The most valuable lessons that I have learned have not been through any books, but rather through understanding that each patient and their family is unique.

You have children at home. What have you found is the most effective way to balance work and family?

As a dual physician couple, aligning our schedules to maximize our time as a family requires meticulous organization. We try to be thoughtful about our priorities, and then find ways to make those happen, including being fully present with the kids when we are at home with them. **SA**



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