

Dr. Aaron Rothstein's {GeM} generalist medicine podcast

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Josh is a 6th year medical student currently residing in Palmerston North. He is passionate about medical education and has recently started his own podcast assisting medical students as they transition through their degree and beyond.

It's not every day that medical education makes you laugh, but Aaron Rothstein has nailed it.

As a family practice doctor (GP) in Sioux Lookout, a remote small town in Northern Ontario, Aaron's scope of practice extends far beyond that of an inner-city GP. From one episode to the next we find him hanging out in the ED, saving the day in ICU, and all the while keeping a variety of inpatient wards ticking over. His is truly *general* practice, and his podcast reflects this.

With 27 episodes to date, Aaron covers an amazing breadth of topics: anything and everything from paediatric critical care to mountain medicine, from toxicology to liver disease and acute coronary syndrome. Episodes are usually 30-40 minutes long which I found was the ideal length; whether you're looking for a distraction during a particularly laborious lecture on professionalism, or seeking solace from the sound of your flatmate's questionable night-time habits. They are pitched at just the right level for 4th and 5th year medical students, sometimes with a little extra for those potential distinction enthusiasts (e.g. drug doses).

Aaron strikes a good balance between developing stimulating, original content while at the same time ensuring his listeners build fundamental skills and knowledge across a number of medical/surgical departments. It can often be daunting as a student trying to keep on top of all the specialties we are exposed to, but it's reassuring to see podcasts like these that help to accommodate such generality and tie all the learning together.

One of my favourite things about Aaron's teaching style is his frequent recaps that keep you switched on, culminating in a "rapid fire review" that wraps up the entire podcast in the last few minutes. I also cannot recommend his two-episode feature on antibiotics enough; after a couple of repetitions you'll find the content diffusing seamlessly into your brain (unlike all the lectures on this topic you've ever had!)

Aside from being packed with useful content, Aaron's podcast is a delight to listen to. His sunny personality and goofy sense of humour shine through on every episode. I tend to listen to podcasts tucked up in

bed and often found myself laughing out loud at an inappropriately late hour! This guy seems like the kind of doctor you'd actually look forward to working the graveyard shift with. The kind of doctor you walk away from more optimistic about those dreaded end-of-year exams and more secure about your future in medicine.

Aaron is also a pretty nifty songwriter. With top hits like "Farewell Sweet Hepatocyte" and "Be a Hero (ACLS)" you can look forward to a refreshing way of reviewing the content that will give that singing haematologist from Christchurch a run for his money.

In summary, Aaron Rothstein and his *GeM Podcast* are informative, memorable, and funny - a true gem indeed.