

Got a Life!

OBHG PHYSICIAN TESTIMONIAL



Dr. Lisbeth Jordan, OBHG Hospitalist, during a home visit in Brazil

► *On a Medical Mission*

Dr. Lisbeth Jordan spends her time off educating communities in need

When she's not treating patients at **Overlake Hospital Medical Center in Bellevue, WA**, Ob Hospitalist Group's Dr. Lisbeth Jordan volunteers with an underserved community in Serra Grande, Brazil where she helps to build sustainable health, environmental, development, and education initiatives.

"I've always been interested in global health initiatives and have done work in several developing countries throughout my career," says Dr. Jordan.

Her work in Brazil started when she joined the Yale Alumni Service Corps two years ago. The group's goal is to partner with local leaders and partner organizations to develop programs that the communities can maintain independently.

Making connections

This year, Dr. Jordan served as team lead for the cause she is most devoted to - the group's public health projects.

She organized a project aimed at arming local teenagers with the knowledge they need to make sound life choices related to drugs and alcohol, sexually transmitted diseases, and family planning. Access to contraception is limited and the area has a high teenage pregnancy rate.

The teens were very interested in learning about

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these topics that may not be addressed by family members at home, says Jordan.

Portions of the educational sessions encouraged teen girls to stay in school - highlighting the chance for independence and greater economic advantages for themselves and their families.

Jordan says organizing and leading the 2017 volunteer effort gave her additional expertise she can utilize in her professional role as team lead at Overlake Hospital Medical Center.

"It was a big job and exhausting, but extremely rewarding and valuable. It helped me gain leadership skills and experience."

Teaching and learning

During her previous travels to Brazil, Dr. Jordan focused on education around mosquito-borne illnesses, specifically Zika.

Alongside a volunteer pediatric neurologist, she visited mothers and children who had been affected by the virus.

"We were there both to learn from and educate the families," says Jordan.

"During home visits we collaborated to perform exams on the babies, discussed care and expectations for the infants' development, and discussed how to help prevent transmission of the virus."

— Dr. Lisbeth Jordan
OB/GYN hospitalist, Ob Hospitalist Group



Dr. Lisbeth Jordan (left) and her volunteer team worked to educate and empower local teen girls in Serra Grande, Brazil.

A different path

Jordan made her career switch in 2013 when a colleague suggested she consider hospitalist medicine.

“I was burned out from clinical practice,” she says.

She was spending a lot of time worrying about her practice’s overhead and production, and she felt like she was constantly bringing work home with her.

“Hospitalist work allows me to focus on what I love to do - practice medicine, and equally focus my attention at home when I am off work,” she says.

“It has also allowed me to have flexibility of schedule and hours. I have been able to be more available for my family.”

Stress-free service

As an Ob Hospitalist Group clinician, Jordan is able to devote weeks out of the year to her humanitarian endeavors without the guilt and apprehension that often comes with leaving a business for extended periods of time.

When she took volunteer trips in the past, it was at the expense of her clinic.

Now she can serve abroad without that added anxiety.

“I can literally leave and not worry about what is going on in my clinic and the economic loss,” she says.

Refreshed and recharged

Jordan’s international volunteer work has undoubtedly made a positive difference for Serra Grande’s teens and families, but it has also made an impact on her professional life.

“Doing this work makes me feel much more enriched and inspired when I return home,” she says.

“It is a chance to reinvigorate myself and remind myself of my valuable purpose as a physician.”

Jordan says the hospitalist lifestyle has allowed her to rediscover her passion and truly enjoy her speciality again.

She plans to return to Brazil in 2018.

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