

MSD MEMBER SPOTLIGHT



Bradlee Palmquist, DO



Joined MSD: July 12, 2023

SPECIALTY: Internal Medicine Resident, 1st Year

LOCATION: Bayhealth

What prompted you to decide to join MSD? I joined because one thing I've learned throughout my time in medical school is that physicians are great at speaking out and advocating for our patients, but we're not always the best at advocating for ourselves and our profession. Regardless of where you live and work, it's important to join your local medical societies and collectively work together to advance the profession of medicine together, especially in the constantly changing political climate. No one else is going to speak out and stand for physicians, we have to do that for ourselves. And if we don't take care of ourselves and our profession, how can we continue to stand up and advocate for our patients? As a new resident to Delaware, it makes sense to join MSD, and I look forward to seeing the good that we can do for the physicians and patients in Delaware.

What is your hometown? I'm actually a military brat, so while I was born in a military hospital in Oakland, CA, I don't really consider that my hometown. If I had to pick, the town that currently feels like "home" to me is Huntersville, NC, which is about 20 minutes from downtown Charlotte, NC.

Is there one Delaware destination you'd like to visit, if so where and why?

Well, everyone keeps telling me I have to visit the beaches, so that's definitely on my list, but I think I'd like to visit some of the parks in the area. One of the things I miss is hiking and exploring nature, so I'd love to be able to get back into doing that more. And if anyone has any good restaurant suggestions, let me know, 'cause I love trying some new, good food!

When did you decide to go into medicine and why? Long story short, I actually majored in sociocultural anthropology with a French minor in undergrad, thinking I wanted to do foreign affairs or something international. During that time, I took a few medical anthropology courses and really became interested

in medicine and how culture shapes our ideas of illness and disease. Originally, I considered obtaining my masters in public health, but I started to consider medical school as a possibility. I ended up starting a post-bacc in 2015 while working part time and did well, eventually applying to medical school after taking the MCAT. And here I am!

What do you like to do in your spare time? I really enjoy going to the movies and seeing the latest films, with Barbie being the most recent film I saw at the local AMC in Dover. Additionally, I really enjoy playing story-focused video games as a way to unwind. Now that I'm living in Delaware, I'm hoping to get out and explore more, checking out the parks and the local beaches when I have time off.

What would you like to see MSD work on that could further support resident members? I think really anything that would help advance the residency program here at Bayhealth would be appreciated. Despite being a relatively new program, I think Bayhealth has shown, and continues to show, a lot of positive growth and is already a stellar program that will make Delaware stand out as a great place for medical students, as prospective future-residents, to go to train. Whether it be helping to attract more physicians from different specialties to getting involved with the program or helping out in terms of research initiatives, anything helps! Additionally, hopefully residents will work to be involved with MSD in shaping not only the future of our program, but the future of health care for all Delawareans in the state.

Where do you see yourself in 10 years? This is always a hard question as I have difficulty seeing where I'll be in a few months, much less a few years (haha) – I usually just focus on taking things one at a time and let the future come to me. But if I had to try and look into the future, I would see myself living my best life, working hard for my community as a physician but also taking the time to care for myself, be it through traveling, trying new foods/beverages, and seeing a bit of the world. I feel like I've spent so long trying to get to this point in my life, I'm hoping that in 10 years I'll be able to show that I'm taking the time to live a little and enjoy life. And in 30 years, I'd like to look back and feel like I didn't leave behind any regrets.

