KERN NATIONAL NETWORK
FOR FLOURISHING IN MEDICINE
Character. Caring. Practical Wisdom.

Getting to Know…

Brittanie "Dr. HB" Hazzard Bigby, MD, MPH
Virtua Health

Q: Please tell us about yourself.



Hazzard Bigby: I'm a current obstetrics and gynecology resident in South Jersey and a native Houstonian. I earned my Bachelor of Science in Education from Baylor University, a Master's in Public Health from the University of Texas School of Public Health, and my Doctorate of Medicine from the University of Medicine and Health Sciences-Saint Kitts.

At my core, I am a mentor, community advocate and change agent. As a medical student, I served the Student National Medical Association in several roles, including the Chairperson of the Board of Directors. I currently serve as a resident member of the APGO/CREOG Right Resident, Right Program, Ready Day One American Medical Association grant committee—a committee dedicated to decreasing disparities in the residency selection process. Most recently, I was appointed to the Virtua Health System's Maternal Child Health Cultural Committee by my residency program leadership.

In my spare time, I enjoy spending time with friends and family and learning new skills—the soprano saxophone and powerlifting being my latest ventures. My motto is, "Delay is not denial; each step is a necessary part of the amazingly beautiful adventure we call life."

Q: How did you get involved with the KNN? What about the mission, vision or values resonate with you?

Hazzard Bigby: In 2022, I was recommended as a speaker for the 2022 KNN Conference. After speaking with the KNN team to determine if the opportunity would be a good fit, I knew this was a movement I could both contribute to and learn from. The value that resonates the most with me is the idea of flourishing. I recognize that because of where I am in the process of becoming a board-certified Obstetrician and Gynecologist, I may be sensitive to the ways in which the institution of medicine has the potential to stifle one's ability to flourish. It is unfortunate because the reason many of us were chosen to matriculate into medical school, and matched to our programs, is because we were well-rounded and relatable people. As a trained educator I believe that the pedagogy of medicine would benefit from an implementation assessment. We can indeed create clinically excellent physicians while simultaneously fostering flourishing in the people who choose to pursue the calling of medicine.

Q: What most excites you about work you have done or are currently doing to advance flourishing in medicine?

Hazzard Bigby: Listening to the impact of my work. There is something very moving in knowing that people feel empowered to make choices that remind them to invest in themselves the way they invest in others.

Q: Tell us about The Good Listening Project and how you are involved.

Hazzard Bigby: TGLP is a group of listener poets who host 1:1 conversations with individuals and then create a personalized reflective poem about the conversation. Once the participant receives their poem, TGLP facilitates "Brave Conversations" in which a small group of participants share their poems with one another.

TGLP is a connection I made through KNN at the 2022 conference. Jenny Hegland of TGLP attended my session and while I cannot remember the question she asked, it sparked an idea that I shared with her during the conference. Currently, with the help of TGLP, I am creating an anthology that chronicles the stories of Black Female OBGYN residents. We shared part of the work at the 2023 KNN Conference but we are hoping to release the full project this spring. I cannot wait to share.



Q: Outside of residency, what allows you to flourish?

Hazzard Bigby: Right now, powerlifting has all my attention. I believe that everyone should dedicate at minimum 30 minutes a week to something they love to do outside of their profession. I love the arts but because my hours as an obstetrics and gynecology resident are long, it was difficult finding something that I could both build community with and enjoy regularly irrespective of my schedule. Then I discovered powerlifting. It's not artsy but I have made so many new connections, my health is improved, and I get to move heavy things.

Q: What are your hopes for the future of medicine and healthcare?

Hazzard Bigby: My hope is that one day healthcare will be viewed as an unalienable right and disparate care will be a distant memory. My hope is that in my lifetime all patients will be empowered to seek the care they need. That corporate greed no longer dictates standards of care. And that residency becomes a process that prioritizes patient safety and resident learning without requiring the trainee to sacrifice their ability to flourish as a human being.

Q: Anything else you would like to share?

Hazzard Bigby: Systems change is slow and that can be discouraging but remember if you can help one somebody, you have in fact changed the world. ■