

Chapter Member Spotlight



Name: Gifty-Maria Ntim (most people call me Gifty)

Practice location: I am a clinician educator at UCLA Health. My clinic is located in Valencia, however I am the MedPeds Program Director and precept residents in Santa Monica as part of my role.

Number of years in practice: I've been at UCLA since May 2016, and I have been in practice there for 6 years.

Current Bio:

I grew up in Ghana and this is a big part of my identity. In addition to being a primary care physician, I am a wife and mother of two children, 4 years and 9 years. I am board certified in both Internal Medicine and Pediatrics (MedPeds). I graduated from St. George's University School of Medicine and completed residency training at Tulane University School of Medicine in New Orleans where I also served as the MedPeds Chief Resident. I joined the Department of Internal

Medicine at the UCLA David Geffen School of Medicine as an Assistant Clinical Professor in 2016. Prior to coming to UCLA, I worked in Federally Qualified Health Centers (FQHCs) in the Antelope Valley and in South Central Los Angeles. I was medical director of APLA Health (the medical branch of the AIDS Project Los Angeles). I am passionate about mentoring and medical education. I am committed to empowering patients with chronic diseases to achieve high levels of wellness. My professional interests include HIV prevention, delivering culturally humble primary care to LGBTQ populations, and finding innovative ways to improve care. In my spare time, I enjoy gardening and spending time with family. Post-pandemic restrictions, I have started to dip my toes back into international travel and jumped on the sour dough bread making wagon.

What do you do before work that sets the tone for your day?

At the start of my day, I typically take 5 – 10 mins to have quiet, reflective time on the day ahead and what I hope to accomplish.

What are some challenges or struggles that you face at work?

I became a new program director in July 2022 and I am learning a lot about our program while balancing my clinical practice. It's been challenging keeping all the balls I am juggling from dropping.

How do you work through or overcome your challenges or struggles?

Staying hopeful and utilizing team members to help me with all the work I have to do both with my patients and the residents.

After work, what do you do for your own wellness?

I wind down by watching TV, surfing Facebook or Instagram, or reading something fictional.

From what/whom does your inspiration or motivation stem?

The residents in my program inspire me to be better and to do better everyday.

Wellness Tip: What is the one thing you would recommend to our readership to do each day to take care of oneself?

Make space in your schedule, no matter how busy, to connect with yourself. I enjoy spending time with me and incorporating selfcare. I may go for a solo hike, get a massage or a mani-pedi. I also enjoy just being by the ocean.

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