

Chapter Member Spotlight

Name: Scott A. Beasley
Practice location: Tarzana, CA
Number of years in practice: 39

I grew up in Westport, CT, a suburb of NYC, the eldest child of 2 pediatricians. My father practiced into his 80's in that same town. I graduated from Columbia University and Yale Medical School. I completed my pediatric internship and residency at UCLA (Bob Kahle was my intern) and my Neonatal-Perinatal Fellowship between Yale and UCLA. From 1984 until 2016, I was president of a private neonatology practice serving several Los Angeles area hospitals. I retired for 18 months in 2016, returning to work in a non-administrative capacity at Providence Tarzana Medical Center initially under the umbrella of CHLA, currently under Cedars Sinai. Way back in 1990, I served as President of Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC-LAC) and have been a member (with a few lapses) of the California Association of Neonatologists (CAN) since its inception and served several terms on the Board.

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

I work out before heading to work. In times past that meant joining the Dawn Patrol at the local YMCA swimming pool at 0545 but more recently (post-Covid), it means strength training at home. Regardless of what happens the rest of the day, I feel a sense of personal accomplishment having worked out - "Hey, at least I worked out today."

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

Without the burden of running a group and all the pressures that come with that, I am able to concentrate entirely on, and simply enjoy, patient care.

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

I am able to organize my day and carry out my duties as an attending without any administrative pressures. I simply concentrate on the patients and their families.

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

I stay in the moment, focusing on each patient issue as it comes before me and don't look at the clock or set any expectations on my time. I find this makes for a very efficient and stress-free day.

From what/whom does your inspiration or motivation stem?

My wife and the memory of my father and his long years in practice are my inspiration and motivation.

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

Don't sweat the small stuff and stay in the moment (okay, that's technically two things).