

Chapter Member Spotlight



Dr. Lindsay Wells is an Assistant Clinical Professor of Internal Medicine and Pediatrics at UCLA. She received her medical degree from Indiana University and completed a combined residency in Internal Medicine and Pediatrics at UCLA, where she became a faculty member in 2012. In the last eight years, she has championed efforts to create a more inclusive and diverse medical community at UCLA. In October 2020, she was appointed the inaugural co-chair of the UCLA School of Medicine Anti-Racism and Health Equity Theme Thread. In that role, she works towards creating a robust focus on anti-racism, structural and social determinants of health, and health equity throughout all four years of the medical school curriculum.

Name: Lindsay Wells

Practice location: UCLA Health Redondo Beach

Number of years in practice: 8

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

I stretch and then try to spend a few minutes with my partner. Afterwards, I dress our daughter and drop her off at daycare.

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

One tremendous challenge is the limited mental/behavioral health support for my patients and families. Either I cannot find a mental health/behavioral therapist, and/or the insurance does not provide adequate coverage.

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

I have learned to reach out and ask for help. My personality tends to be introverted, and I do not naturally reach out during times of struggle. With wisdom and experience, I have learned it is okay to be vulnerable and ask for help.

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

Hot showers are very therapeutic for me. I make it a point as soon as I get home to have a relaxing time and take a shower.

From what/whom does your inspiration or motivation stem?

I use the experiences my parents had within the healthcare system (both positive and negative) to help guide me and motivate me to provide the best care for my patients/families.

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

Take at least 5 minutes each day to reflect and have “quiet” time.