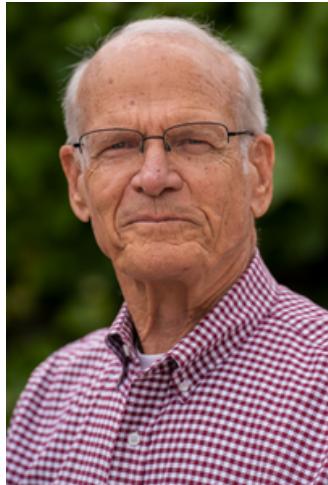


## Chapter Member Spotlight



**Name:** Jim Tedford, M.D.

**Practice location:** San Luis Obispo, CA

**Number of years in practice:** 42 years in general practice, retired since 2017

I was born and received my primary level education in So. California. My secondary training consisted of undergraduate studies at the University of Notre Dame; Medical School at UCLA (Class of 1969); and residency training in pediatrics at Children's Hospital of Los Angeles. After 2 years in the USAF, I completed one year of Pediatric Rheumatology with Dr. Virgil Hansen at CHLA, before beginning pediatric practice in San Luis Obispo. During my 40+ years in SLO, I practiced in a large multi-specialty clinic, in a medium-sized pediatric group, and finally, in a small, private practice. In retirement, I remain very proud of my educational path, through which I was totally prepared to deal with the responsibilities of caring for the entire spectrum of child health issues.

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

When I was in active practice, each morning after making rounds at 2 or 3 of our local hospitals, I had a 20-minute drive to the office on our relatively rural highways. This gave me a period of time to center, to organize, and to “peacefully” anticipate.

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

In retrospect, my biggest challenges at work thankfully revolved around the diagnosis and management of my patients. Though my pediatric career was spent in the private practice setting, I had the good fortune of working with colleagues who excelled at managing the business aspects of work. And, with regards to the EHR, we acquired a system early and I managed to make it work!

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

I was always able to leave my “work” behind; and the reason for that was Claudia Tedford (now deceased) to whom I was married for 53 years. She joined me in creating a wonderful family of 3 wonderful, successful children (Karen, Jenny and Tom), as well as 8 grandchildren. She saw to my wellness—physical, emotional, and spiritual.

**From what/whom does your inspiration or motivation stem?**

Most pediatricians will relate to my answer: both from “nature” and “nurture.” I was born to inspired parents who were motivated by hard work and commitment to family. My brother, Pat (M.D., pediatrician, CHLA ’70) and I were raised as optimists, with an expectation of hard work and success. Hopefully, inspiration and motivation will continue to “run in the family!”

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

Stay positive! Each of us has so much to be thankful for. Stop stressing and count your blessings!!