

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!!