

Mosam Naik, DO

PaPS Resident Member & Co-Chair of Member Engagement Committee

Mosam Naik is currently a PGY-2 resident physician training at the St. Luke's University Health Network Anderson Psychiatry Residency Program. From the start, she has been an active member of her program, taking on several leadership roles and initiatives involving both trainee and patient advocacy. She has also been an active RFM of PaPS, and continues to be involved in our member engagement committee. Since her time as co-chair of the committee, her creativity and drive have helped our membership through promoting networking events, reimagining social media, and ensuring initiatives are relevant to the evolving needs of RFMs.

“Residency can feel like a riveting prospect as you are given the chance to hone your skills in pursuit of becoming the physician you strive to be. However, it can also feel daunting as it is prone to learning curves, frequent transitions, and navigating systemic barriers when it comes to healthcare access. These challenges are able to be more readily addressed and processed when you have a strong, professional support system. Throughout each phase thus far, I have been blessed to be surrounded by the constant warmth that is the psychiatry residency program here at St. Luke's. From our PD, APD, core faculty, seniors, co-residents, and beyond, we are able to turn to each other for guidance and encouragement. The significance of mentorship cannot be understated in developing professional skills and confidence. Likewise, the importance of camaraderie and connectedness in promoting well-being and facilitating discussion cannot be forgotten. I feel strongly about ensuring all physicians have the opportunity to access similar experiences and vocalize their ideas and concerns. As such, I was drawn toward working with organized psychiatry through PaPS, specifically on the Member Engagement Committee, in order to address the aforementioned pillars when bringing residents, fellows, and attendings together.

My journey as a resident so far, coupled with my PaPS involvement, has affirmed that the three main PaPS goals of advocacy, education, and community are integral to our field of psychiatry as a whole. It is exciting to witness the increasing engagement of the psychiatric community in Pennsylvania as there are numerous opportunities to get involved. I look forward to continuing our efforts through PaPS! I hope to meet you all at the upcoming events. As always, please visit the PaPS website and social media platforms for updates and news!”