

# WDS MEMBER SPOTLIGHT: E. NIKKI PRITCHETT, MD, MPH

By Samantha Schneider, MD



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<i>Focus</i>	Senior Staff Physician and Medical Director of the Global Health Initiative at Henry Ford Health System		
<i>Location</i>	Detroit, Michigan		
<i>Education</i>	Residency MD	Dermatology	Drexel University College of Medicine
	MPH		Yale University
	BS	Biological Basis of Behavior	University of Pennsylvania

E. Nikki Pritchett, MD, MPH, is a Senior Staff Physician in Dermatology and Medical Director of the Global Health Initiative at Henry Ford Health System. She received her undergraduate degree from the University of Pennsylvania and a Master of Public Health from Yale University. She completed both her medical training and residency at Drexel University College of Medicine. She is a member of several committees including the AAD Diversity Task Force, the Skin of Color Society Diversity in Action Task Force, the WDS Mentorship Committee and the WDS Disaster Support Committee. She was a recipient of the AAD Resident International Grant. She has received teaching awards and a Diversity Hero Award from Henry Ford Health System.

## What motivates you?

I have been fortunate to have opportunities that many people in my family and community did not have. I never lose sight of that, and I feel a sense of responsibility to make the most of every opportunity, to give back and to help others. This is one of the reasons I chose to go into medicine, serve disadvantage populations, mentor others and volunteer.

## Who has influenced you the most?

I have been influenced by many people in my life, including members of my family and community, and I have been lucky to have wonderful mentors throughout my career. I am most grateful for the mentorship of Dr. Henry W. Lim. He inspires me and has been instrumental in my professional development. In turn, I have tried to serve as a mentor for others and have established a formal mentorship program for post-baccalaureate students who are first generation college graduates.

## Which leadership skills were the most difficult for you to develop?

One of the most difficult skills to develop is learning how to appropriately delegate tasks to others and then giving them the opportunity to successfully complete them. Throughout our training, we learn how to be efficient, multitaskers and to get great results on our own. To help me develop this skill, I've tried to learn from my mentors who are good leaders and I read an extremely helpful book, "Managing to Change the World." This book is a useful resource that provides practical advice and tools to help you effectively lead a team.

### **How do you manage an appropriate work-life balance?**

This is still a work in progress and I have yet to master it. However, I have found it helpful to prioritize tasks by what's most important and urgent. Concentrating on one thing at a time is key, and this applies to personal tasks as well. I also think that it's necessary to learn to say no when it's appropriate to focus on what's most meaningful. Finally, always take time for self-care.

### **Do you have a favorite book?**

My favorite book is Zora Neale Hurston's "Their Eyes Were Watching God," because it reminds me of the relationship that I had with my grandmother. Currently, I'm reading "Becoming - Michelle Obama."

### **How would you encourage dermatologists to make global health a part of their career?**

I strongly believe in helping people who need it most both at home and abroad and decreasing disparities in care, which are some of the reasons that I became interested in global health. Not only is it rewarding in those respects but there are so many benefits that can enhance your clinical career from medical school through becoming an independent practicing physician. Volunteering abroad increases exposure to diverse pathology, improves cultural competency and knowledge of practicing in resource limited setting. It also decreases physician burnout. It can truly be a life changing experience that enriches you personally and professionally.

### **What are your favorite things about living in Detroit?**

I'm a big foodie! I love trying new restaurants, and over the past few years, there has been an explosion of trendy and delicious restaurants in Detroit. It really is a great, lively city and summers are beautiful. There are a lot of outdoor spaces close to where I live where I grab a cup of coffee or tea, sit and read a book, catch up on work or just watch the scenery.

### **How have you made diversity initiatives an integral part of your career?**

There are many strengths and measurable benefits of diversity in medicine. It improves outcomes for all patients and medical students who train in a diverse environment feel better prepared to take care of a diverse patients. Henry Ford is part of the Diversity Champion Initiative of the AAD Diversity Task Force. We have implemented many activities to increase exposure and interest of underrepresented minorities in medicine to dermatology. We have provided networking, shadowing and mentoring opportunities, and go into the community to give presentations about dermatology. We have invited speakers to our department to discuss implicit bias, racial and ethnic diversity and dermatologic care of the LGBTQ community.

### **What advice do you have for residents?**

Find a mentor to help guide your career. The depth and breadth of our specialty is broad; find your passion as this will help you to be more fulfilled in your work. Money isn't everything. Give back. Take time for yourself and have fun. We are so lucky to be dermatologists!