

Career Sheet: Pediatrician



Elena Sotiriou (Pediatrician, Limassol General Hospital)

My name is Elena Sotiriou, I'm a pediatrician at Limassol General Hospital. I graduated from the University of Patras's medical school in Greece. I completed training in Pediatrics at Miami Children's Hospital in the USA for three years. I continued my training for one more year in hospitals in the United Kingdom.



OVERVIEW OF THE JOB

A pediatrician is responsible for recognizing the symptoms of a child who is sick and correlates them with possible diagnoses. Pediatricians process laboratory tests to find the correct diagnosis and therapy. Apart from recognizing diseases and giving therapy, the pediatricians' role is advisory from early childhood to adolescence, both to parents and children. The pediatrician has the knowledge to diagnose possible disturbances in children's growth, whether they concern mental or physical development, as well as to provide remedies and solutions to prevent them during a child's life early. The field has a direct relationship with biology – which is the basis of medicine – but also with mathematics and physics. All of them are necessary knowledge for a doctor. Mathematics and, especially, statistics are important for the evaluation and understanding of publications concerning medical themes, as well as for participating in research – something important for every doctor. Physics can also help to understand visual medical examinations. Many therapies of serious diseases are based on physics (e.g., treatments with radiation).



WHAT INSPIRED YOU

A book that I read as a child inspired me to study medicine. An enthusiastic doctor was the main character, but he felt that the purpose of medicine wasn't the big amount of money he was earning. So, he decided to leave his profitable job and offer medicine to people that really need it and didn't have the financial comfort. My decision to become a pediatrician came later as I was studying in medical school.



TYPICAL WORKING DAY

A typical day starts with a meeting of the pediatricians of the hospital to be informed about the conditions of the patients since the previous day. Firstly, we examine the children in the patient room and after, the children that are coming to the doctor's office either for a routine visit or because they are ill. During the day, we present educational seminars to students at the medical school and pediatrics trainees. Once a week, I visit children with diabetes. I watch their progress and I give them treatment tips.



STUDY & CAREER PATH

I graduated from the University of Patra's medical school in Greece. I completed training in Pediatrics in the USA and the United Kingdom, where I completed my training on childhood diabetes. I can say that what helped me at school to choose my profession was the "working week", which allowed students to discover for a week the profession they were interested in. I choose to go to a hospital, and I was convinced that the place and the work that was going on there was something that I liked and wanted to do.



KEY SKILLS

In pediatrics, you need to have patience while children find it hard to cooperate or describe what they feel. A pediatrician should dedicate time to finding out what exactly the problem is. Besides, pediatricians need to be compassionate and understanding of parents' stress and agony when their children are ill. Empathy is essential, without this feeling no doctor could do their best even if they had studied at the best universities! In addition, the ability of a doctor to cooperate with other doctors is very important, as in many cases doctors of different specialties must get join forces to improve patients' well-being.



CAREER PROSPECT

Pediatricians can both work in private doctor offices or in hospitals and clinics. They can also work as teachers in medical schools or as research fellows.



CHALLENGES

Unfortunately, doctors have a very demanding daily routine and often is hard to spend as much time as they would like with their families. Furthermore, a doctor should be very responsible and focused as mistakes are not allowed in this job. This feeling of responsibility can sometimes cause a bit of stress. Pediatricians, also, sometimes find themselves in the difficult situation of announcing some unwanted news. This is really hard!



YOUR ADVICE TO STUDENTS

I'd advise my students to decide on their own the career path they'd like to follow, without any intervention from third parties (parents or friends), and to choose a profession not thinking about its financial returns but if it would make them happy.

COORDINATOR

PREMIUM PARTNERS

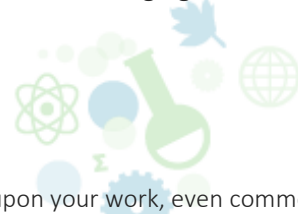
GENERAL PARTNERS





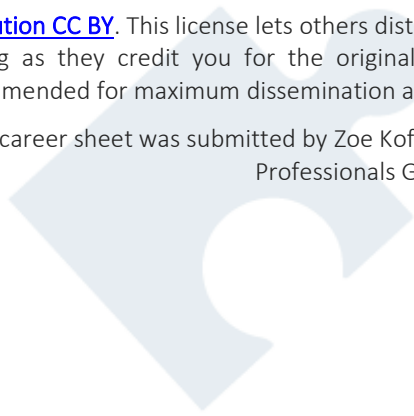
YOUR ADVICE TO TEACHERS AND PARENTS

Parents' and teachers' roles must be supportive and helpful and aimed at encouraging children to find their abilities and take the right decisions for their careers.



[Attribution CC BY](#). This license lets others distribute, remix, tweak, and build upon your work, even commercially, as long as they credit you for the original creation. This is the most accommodating of licenses offered. Recommended for maximum dissemination and use of licensed materials.

This career sheet was submitted by Zoe Kofina and is among the winners of the STEM Alliance & STE(A)M IT - Professionals Go Back to Schools Competition 2021.



COORDINATOR



PREMIUM PARTNERS



GENERAL PARTNERS

