

FEATURE AT - 6

Scott leaving Nicholas practice

By Judi Shephard
The Carlisle Mercury Staff
Tim Scott, a family care physician in Nicholas County, said there are two reasons he is leaving the Nicholas County area to serve as a general family physician at the Tates Creek Medical Center.

"My work as a physician in a small community has had many rewards, but it has also been an extreme demand on my time which is beginning to cut into the time I spend with my wife and children. It has also been a strain on my own health.

"As a diabetic, I must conform my rating habits to a fairly rigid schedule and the normal demands I have have kept me from that. It is no one's fault, these are conditions of the job and when I accepted a position here seven years ago, I knew the demands would be strenuous.

"But they are beginning to take their toll and to continue could be harmful to myself," Scott said.

Scott received his degree from the University of Kentucky Medical School in 1979.

He entered Family Practice Residency at St. Elizabeth Medical Center in Covington where he would remain for three years to become an accredited primary care physician.

Scott described his work in Covington as a slow transition from hospital to office work.

"The emphasis during my first year there was hospital work. I was rotated along the traditional areas: medical care, obstetrics, gynecology, because, as a family physician, I needed to develop a base of knowledge of every specialty.

"As residency continued, the focus gradually shifted from hospital-based to office-based work," Scott said.

"What is interesting about the work is the inclusion of fields I was expected to know. The reason is that most problems arise from a person's lifestyle. To really bring about a cure, patients might have to change aspects of their life, or overcome fears they may have developed, in order not to be bothered by the

problem again. That is sometimes difficult to do.

"I am expected not only to treat the illness, but help patients change," Scott said.

Scott chose Nicholas County over two other offers from Bardonia, Ky., and Lawrenceburg, Indiana. He said his decision came from many different factors.

"I knew Dr. (Wendell) King's son when I attended Centre College and we are good friends. But I also had grown very tired in Covington and this community is a great place to raise children and have a good family.

"That there is a trade-off of sorts. There is more demand on my time because there isn't much support coverage in a small town as there is in a city. We don't have a surplus of doctors to have a night time call practice. So basically, all of us are on call pretty much all the time," he said.

Being in Carlisle, he said, has also given him an opportunity to become involved with the community. He has served as Chairman of the committee on the Family Life and Parenting Curriculum for the Nicholas County Schools, and also served as information officer for the Nicholas Countians for Youth.

"It is nice when you find a town small enough that it feels like you are really accomplishing something. The experience of a small town doctor is something not every doctor should consider," he said.

"If you're getting into medicine for monetary gain and want the leisure time, it is best to stay in the city. Small towns require doctor's of another nature, those who consider their vocation as their avocation, then a small town has good rewards.

"The extreme would be to go to Africa, but I am not inclined to the extreme and a rural area is a good compromise," Scott said. "I am an idealist with a certain level of pragmatism worked in."

From a critical standpoint, Scott describes his opinion of some problems facing physicians in the next decade.

"There seems to be an unrealistic view in the United States that nothing can happen in a hospital, as if nature has

no hand in the health of a patient. Now, this is not an serious problem in Kentucky as it is elsewhere in the country.

Some expectations in Kentucky actually need to be re-run. But, across the country, lawsuits on medical malpractice are high.

"Take obstetrics, for example. Doctors can deliver several normal babies, but true to nature, something goes wrong with one. Suddenly the physician finds himself in view.

He said he is thankful to many people who have had to abandon obstetrical practice insurance premiums so high, hospitals cannot afford to offer the service," Scott said.

Future challenges in the United States: aging population, the threat of AIDS, of course, "Drugs, and providing indigent medical service." Scott said, "Lexington isn't that far away."

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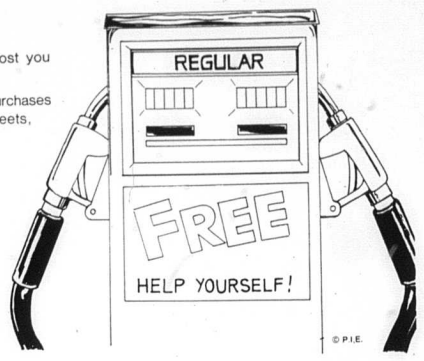
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