



Personal Statement – Vice President

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Medicine is a calling more than a career. My calling stems from a deep passion for servitude, and my reward lies in the fulfillment received from bettering others' lives. For me, leadership in medicine is a unique opportunity to maximize the impact that I can have on others, and ultimately benefit more people. As physicians, usually we can only impact one patient at a time. However, leadership roles enable us to create a "ripple effect" that impacts exponentially more people. The expansive influence leadership has on others drives me to continue pursuing leadership opportunities, like my last 2 years on PhiT.

Throughout my time in medicine, academia, and athletics, I have observed a multitude of different leadership styles. However, the leaders I view as most impactful share the same key traits: selflessness, approachability, strategic problem solving with effective resource utilization, the ability to encourage synergistic teamwork, and an inspiring work ethic. With every role, I aim to best utilize these traits and skills as I develop my ability to become quickly aware of the environment around me, identify tangible growth opportunities, and strategically address these areas to promote current and longitudinal improvement. The creation of these changes would not be possible, however, without being part of a team armed with individuals of elite character, talent, work ethic, and determination, equally poised to positively change their community for the better.

Many of the early career achievements of which I am most proud have been the product of such teams. In medical school, faculty and peer leader collaboration implemented a learning case development process aimed at properly educating and creating awareness around key social topics like race, culture, and gender. Similar efforts nationally created Camp Osteo, a cost-free MCAT/med school advisory service that supported over 200 pre-medical students from underrepresented minorities. With the NBOME, our efforts enabled and continue to promote an optimal test taking experience in an evolving licensure climate (COVID-19, pass-fail boards, etc.). As a Transition Year Chief Resident, co-resident leadership helped to coordinate and design a QI project that actively engaged residents in learning about patients' social influencers of health and shared the blueprint to reproduce this project locally and nationally.

Some of my most gratifying collaboration has been during my last two years as a PhiT Board-Membership Committee representative and most recently as Executive-Board Secretary. This teamwork

optimized membership opportunities, developed resident-led Annual Assembly Experiences (2023's Interventional Pain Bootcamp and the Medical Student Program), created and streamlined the PhiT Newsletter article development process, and is pivotal within current 2024 initiatives.

Lastly, the PM&R field is growing in unprecedented ways, expanding into new corners and territories of medicine. With this change, it is imperative to leverage AAPM&R's influence to foster lasting growth while keeping true to our field's core identity. Additionally, medical student interest is at an all-time high, as seen by the explosion of residency applications and AAPM&R membership.

As president, I feel my experiences, skill set, and awareness of our field and Academy will enable me to drive AAPM&R and Physiatry's shared growth. I aim to seamlessly carry on the initiatives led by current PhiT leadership in areas like the medical student societal opportunities, thus allowing young learners to gain an early appreciation for the Academy and understanding of its importance throughout our careers. As president, I will aim to deepen my own understanding of our academy and Physiatry on a national level and look forward to carrying this knowledge throughout my career to longitudinally support Physiatry and AAPM&R.