



## PHYSICIAN SPOTLIGHT

# James Mitchell, M.D., FAAEM

### *Emergency Medicine*



#### **Please describe your current practice.**

My current practice is focused on providing emergency treatment of illnesses and injuries for patients in the Fort Washington area and its surrounding communities. This encompasses a broad variety of medical conditions, which makes the field very interesting to me. I also serve as the medical director for Charles County Emergency Medical Services where I provide training to EMS personnel.

#### **Why did you choose your area of expertise?**

I chose Emergency Medicine because it allows me to experience taking care of patients using a bit of expertise from a variety of medical specialties. As a medical student, I enjoyed my training in all of the different specialties. Practicing Emergency Medicine gives me a chance to get a taste of it all without having to choose just one.

#### **What do you believe patients value the most in their physician?**

I believe patients value trust. As emergency room providers, we see patients at some of their most stressful moments. I think establishing trust quickly in those moments goes a long way toward making an accurate diagnosis, and ultimately getting patients better.

#### **What have you learned from your patients?**

The most valuable thing that I've learned is that patients have a far better understanding of how they're feeling and what's going on with their bodies than I do. I've learned the value of listening to what my patients tell me. I use this information in my daily practice in combination with my medical training to help me develop the best treatment plan for each patient I see.

#### **What is new in your field/specialty? How do you keep up with the latest medical trends?**

Advanced airway management techniques and management of septic patients have both changed significantly in the 13 years I've been in practice and Fort Washington Medical Center has kept up with these trends. I personally keep up with the latest trends via medical journals and continuing medical education conferences in both pre-hospital and in-hospital Emergency Medicine.

#### **Professional or community affiliations:**

- Fellow American Academy of Emergency Medicine
- Board Certified American Board of Emergency Medicine
- Medical Director of Charles County Emergency Medical Services

#### **Volunteerism:**

##### **Medical Missions**

- United Pilipino American Group Palawan Island, Philippines (2015)
- United Pilipino American Group Pampanga Island, Philippines (2014)
- International Medical Relief Song Saa Island, Cambodia (2013)
- United Pilipino American Group Camiguin Island, Philippines (2012)

##### **Medical Director**

- Woodrow Wilson Bridge Half-Marathon (2012)

#### **Hobbies:**

- Traveling
- Snowboarding
- Automotive Enthusiast

