

COMMUNITY FOCUS

Dr. Martina Jelley



Meet Dr. Martina Jelley, MD

I'm a long time faculty member in Internal Medicine and Assistant Dean for Clinical Research. I practice and teach primary care for adults and help people at OUSCM do research. I love to travel, hike, swim, and watch soccer.

And I love time spent with my husband, Dave, and our children Hannah, Elisa, Ben, and Perry the dog.

What does being a doctor mean to you?

Being a doctor has been a most wonderful gift. A gift that has given me the ability and opportunity to help people, to teach what I have learned, to work with all kinds of people, and to experience life long learning.

What was a challenge you faced? How did you overcome it?

Being a mom and a doctor. I was able to get the best of both worlds by choosing academic medicine which enabled me to work part-time for 16 years - until my youngest child was in high school.

What advice would you give to your younger-self?

Have confidence in yourself and your ability to do great things! Set a dream goal and then find the right people to be on your team to help you achieve it!

What would you tell younger students who are exploring health careers?

Try to get as many opportunities as you can to do just that - explore. Try to find out what being a nurse, physical therapist, doctor, PA, etc. is really like. Seek out shadowing opportunities, talk to anyone that you come across in the healthcare field, ask lots of questions. And don't give up. There is likely a place for you in healthcare!

Listen to your patients - they have amazing stories to tell. Hearing about their experiences, their relationships, their traumas, their joys - these are the things that help you truly understand those who trust you to care for them. Ask about their lives, listen well, accept how their lives have shaped them. This takes time but your patients will appreciate the attention and effort you make in learning who they are and what shaped them.



Interprofessional training in Intimate Partner Violence Medical, nursing, and social work students learning together. I was helping with the simulation called In Her Shoes where teams played the role of a person in an abusive relationship. I loved the students' enthusiasm in addressing such a tough topic!

