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### Reflective Piece

As with any research, finding books and resources to read was both the most challenging and rewarding part of my Osler essay experience. I was surprised by how big the Osler library really is, and the vast collection of books that it houses – the small foyer is very misleading. Unfortunately, I was not able to use as much of the books at the Osler Library as I wanted to, as my topic on patient wait-time needed very recent data. I would like to thank Ms. Anna Dysert for sitting with me to discuss my topic, find relevant books and showing me the different databases that were available for me to use such as, Ovid MEDLINE®, which was a great source for me to find peer-reviewed articles on my topic.

The two greatest take-aways from this experience for me, were the importance of asking a focused question, and the importance of taking the initiative. One of the biggest obstacles that I encountered while writing the essay was to stay focused. I often immersed myself into the topic and went on to research other areas of quality patient experience, which was very interesting, but not really related to my research question. I had to filter through all the information that I collected, and narrow down to the ones that were most relevant. This took a lot of effort, but I realized that this is a crucial part of research in any sector.

Furthermore, I was very fortunate to have a lecture on the topic that I was writing on during one of our morning sessions. After the lecture, I took the initiative to talk to the speaker about my interest in this area and he very generously took the time to answer several of my questions, explain certain topics and also provided me with great resources. While there is a value to struggling through topics and finding answers on my own, I learned that it is also important to spot, and take the opportunities to be given guidance and assistance.

Overall, writing this essay for the Osler Essay Competition was an eye-opening experience. As medical students, we are often encouraged to part-take in research in the science and medical field. While this type of research is important and interesting, I believe that informing ourselves and others about the humanities and social science aspect of medicine is equally crucial to our lives as future physicians. In this sense, I would like to thank the McGill Osler Society and Dr. Rolando and Pamela Del Maestro for providing such an opportunity to explore this area of medicine.