

Briget Hyde

Where are you from and why did you decide to go to medical school?

00:06

I was born and raised in Ghana. I came here. When I was about 14 years old. I lived in Houston. So I consider Houston my second home, I went to the University of Dallas for college, I studied biology and minored in French, I came to Texas Tech for medical school. My interest in medicine was birthed in Ghana, from both leadership and service. And those have been sort of my grounding in medicine throughout this journey. Back home in Ghana, when I was in the seventh grade, I was the assistant girls prefect. And one of the projects that I worked on was preventative medicine. So on the weekends, we would go out and distribute mosquito nets we would do, just teaching the community the importance of simple things like boiling water to prevent germs to kill germs in the water, using mosquito nets to kill mosquito to prevent malaria. So from that, I saw just firsthand what education and knowledge could do to prevent disease.

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And so that was one of the projects that I was passionate about, was just going out in the community and educating people on really like better health outcomes. So it was simple things. Because at that time, for us, there weren't a lot of health care professionals. So doing simple things like home remedies, and things that you could do in your house to prevent diseases was important to me. And I think really also, I hadn't been to a doctor before coming to the United States. And it wasn't that I hadn't gotten sick, a lot of it was the long wait times at the hospital. Not getting access to like health care facilities, and health care professionals as well. So I think that drove a lot of people to do a lot of things at home to prevent diseases. And even when you did get sick, it was more of taking care of yourself at home. So the idea of becoming a doctor was not something that I thought of before coming to the United States, it was more of what can I do to prevent getting sick? And how can I help people to do that. And I think when I came to the United States, I saw that I could do this through medicine. And it also combined, what I really loved was service and leadership. And those were really two things that were kind of instilled in me growing up. And I'm really grateful for that, because it's really sort of held me grounded throughout medical school and things that I'm passionate about two things that I'm passionate about.

Why did you choose Texas Tech University Health Sciences Center School of Medicine?

02:49

What stood out for me was the service aspect. And I had family friends that attended Texas Tech, both the undergraduate and the Health Sciences Center. And so talking to them, I got more of the family feel the people care about you was what I got from here. And I felt like it could be a place that I would thrive.

How do you feel about TTUHSC at this point in your career?

03:12

I think looking back, I am grateful for Texas Tech. And for the people that I have met along this journey. I don't think that I would, no, I know that I wouldn't be where I am without the people that I've met that have supported me both like as a medical student, but also as a person. I have met people that have taken interest in who I am. And that to me means a lot.

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What specialty did you choose?

03:42

Physical Medicine and Rehabilitation PM&R. Most people don't know what that is. And people refer to it as the hidden gem in medicine. Really, because physiatrists take care of people at their most vulnerable times. The goal of physiatry is to promote function and independence, really at a time when people's lives have changed. Some people going through like amputation or really devastating surgeries. For me I was drawn to PM&R because it promotes the quality of life. Growing up in Ghana quality of life was really important to me, I saw people who were cast away by their families because of disabilities through birth or through accidents, people not understanding disabilities as well. So for me, as I was going through like my medical training, I was drawn to experiences that promoted the quality of life. And when I found physiatry it did exactly that. I was also able to explore like leadership in terms of advocacy for people with disabilities. I would ultimately like to work with people who have brain injuries as well. I think it's a perfect fit for me.

How does your family feel about match day?

05:00

My family is really excited. My mom was a little hesitant when I told her because I think my other at least my top four choices are outside of Texas. So she was a little hesitant but as time went on, she understands that, you know, it's my career and it's important and they're really excited for tomorrow.

Anything else you would like to add?

05:23

I would like to say a big thank you to Texas Tech Health Sciences Center for the opportunities. I have been able to thrive much more than I can even imagine. I don't think I would have been able to do that elsewhere. I have met incredible people here I've made friends, mentors, and these are people that I can email, call, text anytime whenever I need anything at all. People have opened their doors and their arms to me and I'm just really grateful.