

A DAY IN THE LIFE



KAROLINNE MAIA ROCHA | MD, PhD



SLEEP PER NIGHT

I get about **7 hours** of sleep per night



WAKE UP!

Between **5 and 6 am** on surgery days, **6 and 7 am** on clinic days



BREAKFAST?

No, I don't eat breakfast every day, but if I do it typically includes a cup of **coffee**, **fruit (eg, papaya)**, and a cereal bar



TIME COMMUTING

My average commute time is **30 minutes or less** by **car**



LUNCH BREAK?

No, I usually eat lunch on the go

WEEKLY WORK SCHEDULE

2017

S	M	T	W	Th	F	S

I work **Monday through Friday**, with **one or two surgery days** per week, including cataract surgery, laser-assisted cataract surgery, LASIK, PRK, CXL, ICRS, corneal transplant, and anterior segment reconstruction; **one research day**; and

two or three full clinic days, when I usually see 40 to 45 patients per day



Want to learn more? Log onto Eyetube's "Day in the Life" page for video highlights:
eyetube.net/series/day-in-the-life



FAMILY TIME PER DAY

I get about **4 or more hours** of family time per day



TYPICAL BEDTIME

Between **10 and 11 pm**



LIGHTS OUT!



DAILY DOWNTIME

On any given day, I get **1 hour or less** of downtime and I prefer to **spend time with my family and friends**



TELL US SOME MORE!

WHAT IS THE MOST REWARDING PART OF YOUR JOB?

Helping people to see better and working on complex cases; I also love to **listen to patients' stories** and talk to them and to travel to ophthalmic meetings

WHAT IS THE BIGGEST COMPLAINT YOU HAVE ABOUT YOUR JOB?

I wish I had **more time to talk to patients**, and I would like to be able to **better control my clinical load**

WHAT GETS YOU THROUGH A BUSY DAY?

Most days are extremely busy; I try to drink a lot of water, and I **think about my husband and my baby** waiting for me at home with a big smile

WHEN YOU ARE NOT WORKING, WHAT CAN SOMEONE FIND YOU DOING?

Outdoor activities with my family, such as paddleboarding and biking on the beach; watching a movie; or napping

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