



Critical Care Skeptic: Zoom On Paul Marik



[Paul Marik, MBBCh, MMed, FCP\(SA\), FRCP\(C\), FCCM, FCCP, FACP, ABPNS, UCNS-NCC, DA vMed, BSc Hons \(Pharmacol\), DA\(SA\), DTM&H](#)

*****@***evms.edu

Eastern Virginia Medical School
Division of Pulmonary and Critical
Care Medicine Norfolk, VA, USA

[Twitter](#)

Dr Marik is [Professor of Medicine and Chief of Pulmonary and Critical Care Medicine, Eastern Virginia Medical School](#) in Norfolk, Virginia. He received his medical degree from the University of the Witwatersrand, Johannesburg, South Africa, and was an ICU attending at Baragwanath Hospital, in Soweto, South Africa. During this time he obtained a Master of Medicine Degree, Bachelor of Science Degree in Pharmacology, Diploma in Anesthesia as well as a Diploma in Tropical Medicine and Hygiene. Dr Marik did a Critical Care Fellowship in London, Ontario, Canada, during which time he was admitted as a Fellow to the Royal College of Physicians and Surgeon of Canada. Dr Marik has worked in various teaching hospitals in the US since 1992. He is board certified in Internal Medicine, Critical Care Medicine, Neurocritical Care and Nutrition Science. Dr Marik has written over [400 peer-reviewed journal articles](#), 80 book chapters and authored four critical care books, including [Evidence-Based Critical Care](#) (3rd edition, Springer, 2015). He has been cited over 25,000 times in peer-reviewed publications and has an [H-index](#) of 76. He has delivered over 300 lectures at international conferences and visiting professorships.

1. What are your key areas of interest and research?

Management of sepsis; haemodynamics and fluid resuscitation; corticosteroids and critical illness.

2. What are the major challenges in your field?

Sepsis is a very complex disease process with limited funding for research and competing vested interests which “muddy the water”.

3. What is your top management tip?

Listen with all your senses and communicate with openness and honesty.

4. What would you single out as a career highlight?

When I was an intern I received a box of chocolates from a grateful patient who claimed I saved her life...

5. If you had not chosen this career path you would have become a...?

Aeronautical engineer.

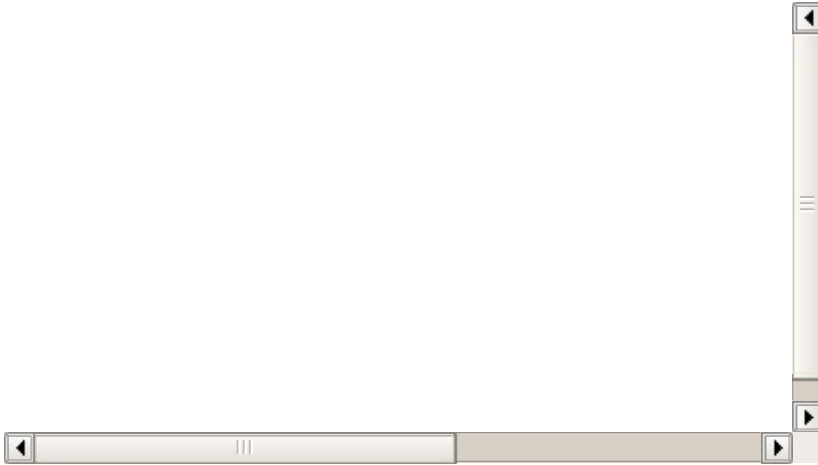
6. What are your personal interests outside of work?

Entertaining our pugs (dogs with squished in faces), hiking, sitting and thinking or just sitting and not thinking.

7. Your favourite quote?

"If we knew what it was we were doing, it would not be called research, would it?" - Albert Einstein.

Watch: SMACC: Rob MacSweeney vs Paul Marik – Predicting Fluid Responsiveness is a Waste of Time, from: Emcrit.org - posted by Scott Weingart



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