

Lucy Martin McBride, MD

Employment

Internist and Partner at Foxhall Internists, PC February 2006 – present
Washington, DC

Faculty, Johns Hopkins Dept. of Emergency Medicine October 2003 - November 2005
Baltimore, MD

Education

Medical Residency Johns Hopkins Hospital July 2000 – July 2003

MD Harvard Medical School received May 2000

MPhil University of Cambridge, UK received May 1996

BA Princeton University received May 1995
Phi Beta Kappa
Senior Thesis Prize for best thesis in French studies

Publications

“Dealing with post-pandemic Stress: A doctor’s Guide” March 2022
MSNBC
<https://www.msnbc.com/know-your-value/health-mindset/dealing-post-pandemic-stress-doctors-guide-n1292798>

“With Vaccines Available, Mask Mandates Are Not Necessary in School” February 2022
USA Today
<https://news.yahoo.com/kids-vaccine-dont-masks-school-110102668.html>

“A COVID Serenity Prayer” October 2021
The Atlantic
<https://www.theatlantic.com/ideas/archive/2021/10/covid-serenity-prayer/620343/>

“Fear of COVID-19 in Kids is Getting Ahead of the Data” August 2021
The Atlantic
<https://www.theatlantic.com/ideas/archive/2021/08/children-delta-covid-19-risk-adults-overreact/619728/>

“My Patients Are Burned Out and So am I” June 2021

The Atlantic

<https://www.theatlantic.com/ideas/archive/2021/06/burnout-medical-condition-pandemic/619321/>

“It’s Time for Children to Finally Get Back to Normal Life” May 2021

The Washington Post

<https://www.washingtonpost.com/opinions/2021/05/26/its-time-children-finally-get-back-normal-life/>

“Can Primary Care Prevent the Next Pandemic?” May 2021

MedPage Today

<https://www.medpagetoday.com/primarycare/generalprimarycare/92726>

“I Tell My Patients Not to Wear their Masks Outside” May
2021

The Atlantic

<https://www.theatlantic.com/ideas/archive/2021/05/kids-masks-outdoors-cdc/618856/>

“The Secret Weapon for Ending the Pandemic” May 2021

CNN Opinions

<https://www.cnn.com/2021/04/30/opinions/secret-weapon-ending-pandemic-mcbride/index.html>

“Wired and Tired after Months of COVID-19 Distress, It’s Time to Recover our Mental Health” April 2021

USA Today

<https://amp.usatoday.com/amp/4807342001>

“I’ve Been Yearning for an End to the Pandemic. Now That It’s Here, I’m a Little Afraid” March 2021

The Washington Post

<https://www.washingtonpost.com/opinions/2021/03/09/weve-adjusted-pandemic-life-now-we-face-anxiety-leaving-it-behind/>

“I’m a Doctor Seeing Patients with Coronaphobia. Here’s What You Need to Know” March
2021

The Huffington Post

https://www.huffpost.com/entry/coronavirus-phobia-side-effects-anxiety_n_603d18eec5b6829715023334

Research in pharmacology, University of Cambridge, UK 1996

Publications in *American Journal of Physiology*:

1. Curtis CM, Martin LC, Higgins CF, et al. “Restoration by intratracheal gene transfer of bicarbonate secretion in cystic fibrosis mouse gallbladder.”
2. Martin, LC, Hickman ME, Curtis CM, et al. “Electrogenic bicarbonate secretion in mouse gallbladder.”

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Honors and Awards

Washingtonian “Best Doctors” 2008-2021

Fulbright Fellowship Award 1995-1996
Cambridge, UK

Extracurricular activities

Author of COVID-19 Weekly Newsletter with over 17K subscribers March 2020 - present

Founder and President, Working Mothers Forum 2014 – present
Discussion forum and speaker series for 40 professional women in DC