

Giancarlo Oblena  
First 50 Hours of Sentara Internship  
Reflection #1

Coming into Sentara as an IT Clinical Systems Intern, I knew that this would be a whole new experience for me because I have never dealt with IT in the aspect of healthcare. From this, I mostly hope to gain experience in the Cybersecurity/IT field as I have only been learning through my classes at ODU. Not only that, but I hope to use the knowledge I have learned prior to the internship to help the company succeed. Each week of the 10-week internship, I am set to work a maximum of 24 hours. Although the internship is completed remotely, my first day was held in-person at the Sentara Park location in Virginia Beach. I was given the opportunity to meet some of the IT team, including my mentor, get an overview of the 10-week internship, and get my laptop that I would use to work from home. From there, the first two weeks (48 hours) were spent completing onboarding tasks such as Workday Learnings, LinkedIn Learnings, and attending meetings regarding the internship. From these learnings and meetings, I was educated on various company rules and regulations such as HIPAA (Health Insurance Portability and Accountability Act) and PHI (Personal Health Information). Not only that, but I was given an introduction to the different EMR (Electronic Medical Record) software systems I would be using such as Epic and ServiceNow. Some challenges that I ran into during these first 50 hours were feeling overwhelmed with the content and amount of new information being presented. However, I am grateful for the fact that I am gaining experience and learning more about this field.

This screenshot displays the various onboarding tasks that were completed during Week 1 & 2:

The screenshot shows a Kanban board titled "Giancarlo Oblena Onboarding - Int..." with a dark theme. The board is organized into five columns representing days of work, each with a time allocation: Day One (0830 - 1600, 6.5 hours), Day Two (6.5 hours), Day Three (6.5 hours), Day Four (4.5 hours), and Day Five (5 hours). Each column has a header with a plus icon and "Add task".

Tasks are represented as cards with status indicators (blue checkmark for completed, grey circle for in progress) and progress bars. Completed tasks are marked with a blue checkmark and the name of the person who completed them. In-progress tasks are marked with a grey circle and a progress bar.

Key tasks visible include:

- Day One:** Welcome Speech (Completed by Kasey Jones), Program Overview (Completed by Bailey A. Alberts), Sentara Park Tour (Completed by Giancarlo Oblena), Lunch (Completed by Kasey Jones), Cyber Security Speaker (Completed by Ryan Dobbins).
- Day Two:** Request SN-ITIL Access (Completed by Kasey Jones), Assign Learning in WorkDay (Completed by Kasey Jones), New Employee Orientation recorded session (Completed by Kasey Jones), 2024 Annual Regulatory for Non- (Completed by Kasey Jones).
- Day Three:** Linked in learning how to set up a linked in page (Completed by Giancarlo Oblena), Sentara Division workday learning (Completed by Giancarlo Oblena), Profile Set up (Completed by Kasey Jones), Remote Working Learning (Completed by Giancarlo Oblena).
- Day Four:** Epic Intro Training - Overview of Hyperspace (Completed by Kasey Jones), MS-365 Tour (Completed by Kasey Jones), MS Teams (Completed by Kasey Jones), Epic Quarterly Upgrades (Completed by Kasey Jones), Validate Orientee has access to all the chann (Completed by Kasey Jones).
- Day Five:** Validate 6 Drives (Completed by Kasey Jones), Wavenet (Completed by Kasey Jones), Network (Completed by Kasey Jones).

The board also includes a search bar at the top left, a filter bar at the top right, and a share button at the top right.

This screenshot displays only few of the many Workday Learnings I had to complete during Week 1 & 2:

MENU

workday

Search

## My Transcript

Not Started 0 items

Learning Record	Name	Content Type	Registration Status	Date Enrolled	Completion Status	Attendance Status	Grade	Score	Record Type
No items available.									

In Progress 0 items

Learning Record	Name	Content Type	Registration Status	Date Enrolled	Completion Status	Attendance Status	Grade	Score	Record Type
No items available.									

Learning History 20 Items

Learning Record	Name	Content Type	Registration Status	Date Enrolled	Completion Status	Completion Date and Time	Attendance Status	Grade	Score	Record Type
	Employee Benefits - New Employee Orientation	Digital Course	Enrolled	06/17/2024	Completed	06/17/2024 03:38:52 PM	Do Not Track	Pass	0	Enrollment
	2024 Annual Regulatory - Diversity, Inclusion, and Cultural Competency	Digital Course	Enrolled	06/17/2024	Completed	06/17/2024 03:25:48 PM	Do Not Track	Pass	90	Enrollment
	2024 Annual Regulatory - Preventing Workplace Violence	Digital Course	Enrolled	06/17/2024	Completed	06/17/2024 02:35:42 PM	Do Not Track	Pass	90	Enrollment
	2024 Annual Regulatory -	Digital Course	Enrolled	06/17/2024	Completed	06/17/2024 01:33:33 PM	Do Not Track	Pass	93	Enrollment

Learning Home