

Activity Summary 1

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During my first 100 hours of my internship with the Chesapeake Regional Clinic, I had the opportunity to interact with healthcare professionals and community members while gaining firsthand experience in community based healthcare. I worked alongside physicians, nurse practitioners, registered nurses, nursing students, and administrative staff to provide healthcare services to underserved populations. Working with each member and contributing to patient care has helped me better understand the importance of effective collaboration and communication in delivering quality healthcare.

My intern responsibilities included greeting patients, assisting with check-in, completing paperwork, obtaining vital signs, assisting with medical assessments, providing health facility and insurance information, providing medical knowledge to patients, and scheduling follow-up appointments and referrals. These responsibilities have allowed me to interact directly with patients while supporting the clinic's daily operations. I've also observed patient examinations and procedures, such as Pap smears, breast exams, TB screening, and blood work. Additionally, I became familiar with clinic safety, such as proper storage of medical supplies and use of personal protective equipment.

One of the most valuable experiences during my internship is hearing the personal experiences of my patients and their journeys navigating through a healthcare system they don't understand and removing the barriers for them by bringing services directly into the communities. I learned that building trust with members of the community is essential for improving attitudes and outcomes of health. I also gained a better idea of how the clinic uses data to identify service locations and evaluate the quality of its programs to determine where improvements need to be made. It is my hope that these intervention methods would be used in other cities, such as Norfolk, VA.

Overall, my first 100 hours have strengthened my confidence, communication skills, teamwork, and patient interaction skills while reinforcing many concepts that I've learned in the Public Health program. As time goes on, different activities with different responsibilities will be provided for us students that I'm excited to work alongside. This experience has expanded my knowledge on community health, healthcare delivery, and even showed me the barriers and difficulties that providers go through when navigating the healthcare system. I'm glad to have chosen to work alongside Chesapeake Regional Mobile Clinic and cannot wait to see the many more opportunities they have to offer!