

## Mary Slifer

Aspiring Orthopedic Surgeon



I started my internship experience with Coastal Spine and Pain Center in the East Park location. While there, I shadowed the MA's (Medical Assistants) as well as Dr. Feroso and Dr. Irwin. What I took away from my time with them was the constant pace of endless busy days. Having a break mid-day and repeating until the evening. It showed me what happens behind the counters at medical offices and the copious amounts of paperwork and charting that has to take place. I learned how to order UDS (urine drug samples) and bag them. I watched a few procedures the Doctors performed such as ablations where they cauterized the nerves in the spine to block pain signals; and I also watched a few steroid injections. I also was able to walk in with the Medical Assistants while they took vitals of the patients before the doctor or nurse practitioner examined them. From shadowing with them it better prepared me by exposing me to the business side of medicine as well as a new field of pain management regarding spinal areas I didn't know existed apart from orthopedics.

For my second rotation, I transitioned to Baker Gilmour Cardiovascular Institute. Here I shadowed their PA (Physician's Assistant) Katie DeGoursey. During this experience I tried to retain the endless amounts of knowledge Katie poured into me regarding cardiology. She was incredibly knowledgeable in not only her field but also regarding many other fields. She took me into patient appointments and asked me questions that I tried my best to answer. She taught me how to read blood pressure and listen to heart murmurs. She lent me a lab coat and stethoscope which made me feel more immersed in her world. While there, she let me sit in on echocardiograms, which is a sonogram of the heart and PET Scans which captures the function of your heart. During my week with her, she tried to make sure I knew a few simple cardiology terms and specific prescriptions commonly used on cardiac patients. This experience helped to show me the amazing way our heart functions and works and how interested I was in cardiology. My current path of orthopedics isn't solid but experience definitely opened my eyes to a whole new world.