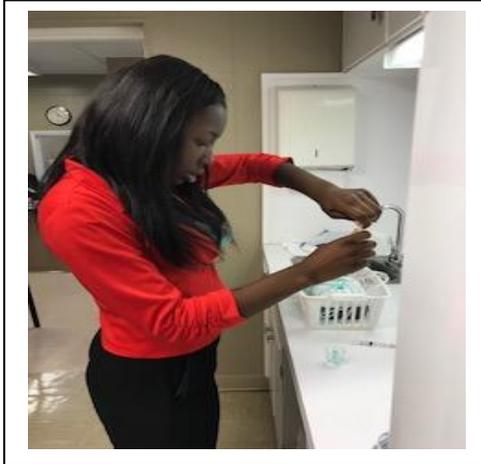


Aliya Mathew
Aspiring Primary Care Physician



My summer internship experience was great! I got to observe how busy doctors are throughout their day-to-day schedules and I learned that being a doctor is about more than just seeing patients and completing paperwork. During my first rotation I had the pleasure of interning with family physician, Dr. Trachella Johnson-Foy. I shadowed her as she cared for patients which included her talking to them about their health, helping them create a care plan, prescribing medications and also referring them to different doctors/treatment centers that can take care of their more specific problem. In her office I was able to learn about EKG's, ear irrigations, and different kinds of shots. I even had the opportunity to help a medical

assistant set up the bottle to give ear irrigations and shots. One of the most important things I learned was 'where' to give patients shots based on how much liquid is drawn for them. Also, if you are giving a shot in the bottom area, there is a sciatic nerve right across the top that you should never get too close to, and you should always measure 4-5 fingers away from the sciatic nerve when giving a shot, or else it can cause massive pain to the patient, and do more harm than good.

During my second rotation, I had a great time interning with Podiatrist Diandra Gordon. I have never learned anything, read anything, or even heard anything about being a foot doctor before so interning with Dr. Gordon was very fun for me because everything was so interesting. Seeing the life of a foot doctor and seeing different patients with different kinds of feet and learning about all the different types of feet conditions you can have was very interesting to me because I was always curious about it since I had never been exposed to something like that before. One of the foot conditions I've gotten very familiar with was plantar fasciitis, along with what causes it, and how to cure it. I have also learned what causes fungus inside of the toenails and how to avoid it, along with how to take care of your feet by wearing the right shoes and keeping them moisturized.

During my third rotation, I interned with Clinical Research Physician, Dr. Kim Barbel Johnson. While here, I learned the whole process of clinical research, including its 4 phases, and also the importance of clinical research. I have watched blood being drawn and taken back to the lab, the process of spinning blood (e.g., taking the serum out of the blood), and sending it off to a bigger laboratory for testing. One major thing that I learned from all three of these doctors is that no matter how intelligent you are, your success will always come from how you treat your patients.

Throughout my rotations I noticed that these three doctors treat their patients like family. They've built personal connections with them and give them the quality care and time that they deserve; they don't rush through patient visits getting them in and out of the office. I admire these physicians for genuine care that they provide to their patients.

Being a 2018 award recipient of the AnnieRuth Foundation assisted me with realizing my goal to become a primary care physician by allowing me to take an inside look of the life of a doctor.