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My career aspiration is to become a medical genetic counselor. As a 2021 summer internship program award recipient, I completed my internship experience with various medical professionals including a family practitioner, podiatrist, and nephrologist.

The first physician I shadowed, Dr. McCloud, dealt with transitional care; seeing patients who may not have a primary care doctor. I got to see how she and the pharmacist worked together to help patients understand how to take better care of themselves. During my second rotation, I shadowed a podiatrist. Dr. Gordon checked patients' feet and helped alleviate pain by giving them shots in their feet. When there weren't many people to see, I visited the physical therapist and orthopedic department that worked in the same building. During my final rotation, I shadowed a nephrologist. Dr. Price worked with patients on dialysis and who had varying stages of chronic kidney disease. I got to see patients on hemodialysis and peritoneal dialysis. I learned reasons as to why a person may choose one over the other; in most cases, the patient made their decision based on their lifestyle.

As I looked back on all three experiences, a common denominator that I find interesting is diabetes. I was able to see how diabetes affects people in all aspects of life. The physician and pharmacist explained the state of a patient's diabetes by informing them of their A1C. The pharmacist taught a class on the types of medicines available to diabetics and the differences between them. The podiatrist checked for ulcers and told patients if they were wearing the right kind of shoes. If the right type of shoe was not worn, Dr. Gordon instructed them on where to find the right pair to help with blood circulation. The nephrologist had to make sure that the patient's diabetes was under control to lessen the risk of it affecting their chronic kidney disease. *Not every patient seen had diabetes, but it was more common than I ever imagined.*

Shadowing the three physicians was amazing, but if that wasn't enough, I was also able to obtain my Basic Life Skills (BLS) certification which included learning how to do CPR on infants and adults. This awesome experience was facilitated by Eunice Mathis, CEO of the Florida Training Academy. The internship experience also afforded me the opportunity to participate in the Summer Institute, a virtual learning experience hosted by the First Coast Black Nurses Association. For six weeks, I was introduced to medical professionals who shared information about their perspective field, answered questions, and provided their personal contact information for future references.

Participating in the Annie Ruth Foundation's Summer Internship Program was a great opportunity. I love how it exposed me to different medical professions that I wasn't aware of before. The entire experience was nothing less than amazing!