



## Amaryah Denson

My career aspiration is to be a Nurse Practitioner and I was so grateful to be paired with such wonderful and educated medical professionals during my internship experience. I had multiple different facilities that I went to on a rotation to complete my experience, meaning that I also had more than one mentor during my experience. I first had the honor of being paired with a physician assistant, Ms. Katie at an outpatient

cardiovascular office where patients who had undergone medical attention for heart problems were then sent to Katie to be seen after and make sure their meds and vitals were in a good place. Learning her role made me realize that physician assistants and nurse practitioners are very much alike. I met Dr. Price a nephrologist I shadowed at Baptist Downtown, The dialysis unit and at St. Vincents were incredible, and I got so much knowledge on the functions of the kidneys and how they help to cleanse our bodies and how they can affect us long term if not treated properly. Lastly Mr. McBride in health management at Lyerly Neurosurgery an affiliate of Baptist Downtown allowed me to be very hands on and get into the OR and see some surgeries!

During my time with Katie, I acquired most of my knowledge in medicine vocabulary, knowing the names of several types of medicines that range in preventing strokes, to lowering high blood pressure and cholesterol. I learned terminology and short cuts to understand the function of odd sounding medicines. I learned the side effects of the different medicines and that certain medicines have the same ending indicating that they help a certain problem I.e., any medicine ending with "statin" is for cholesterol. With Dr. Price I learned all about unhealthy kidneys and dialysis. The process of dialysis can be very time consuming and even young people can find themselves being on dialysis if not careful, the act of getting dialysis is quite simple and most people go to sleep or watch TV during while the dialysate purifies the blood. Dialysis patients can be on dialysis for as long as 30 years and be healthy, sometimes lifestyle changes such as quitting alcohol or losing weight can get you off dialysis sooner. Lastly, with Mr. McBride I got very hands-on experience as I learned rounding with a nurse practitioner and was invited into the OR where I stood inches away from surgeons performing invasive spinal surgery to minor catheter incisions through the wrist.

Being a part of the Annie Ruth program and the internship specifically was such a blessing and amazing reward to be able to work with and form relationships with such knowledgeable medical professionals. Being able to rotate and experience separate roles in the medical field opened me up to new opportunities and thoughts about what I might want to pursue in the future. It was so great to wake up every morning excited about what I was going to do that day, the experience did not feel like work at all, it was fun! I am so grateful once again to have been a part of something so inspiring, I do believe the experience gives you real insight and preparation for the roles that you believe you want to fulfill and the insight and resources you get during the experience can also help you a lot in the future!