

Misgana Alaro



I chose medicine over the many career choices I've learned about due to many reasons, my passion to learn about the human body being one of them. My fascination with this subject started mostly due to my mother's influence. When I was younger, I often was in contact with physiology and anatomy books, as my mom was studying to become a nurse. Listening to her explain the diagrams and words to me when I asked was really cool to me. Moreover, since my mom worked at a hospital as a surgical sterilizing technician, I would have to go to the hospital sometimes, and when I watched the doctors in their white coats and experienced the kindness the nurses showed to me if I ever wandered around, I felt an even stronger attraction to the medical field. As I grew older, and was able to understand more about the human body, I started to explore more about what kind of career I wanted to possess. Since I've always felt an affinity with children, I chose to be a pediatric surgeon, and have learned it's not as simple as I thought it would be. I really appreciate my internship at Pareto Clinic, since it allowed me to have hands-on experience with patients and understand many of the different problems that can arise, depending on what area people live in.

As part of my stay at Pareto Clinic, I was able to have patient interaction, research about the path to achieving my aspiration, and working on a Quality Improvement (QI) Project. Both the patients and the staff were all very kind and welcoming, and answered my questions in a calm, informative manner. Moreover, I got to learn what a QI project is, which is a project meant to improve the quality of services to patients or the processes put in place to achieve that result. In my case, I was assigned to improve the process of Chronic Care Management (CCM) in the clinic. Chronic Care Management is care coordination services completed apart from regular doctor visits to assist those with two or more chronic conditions, such as high blood pressure, diabetes, and heart conditions. Depending on the type of insurance a person had, their issues varied in complexity. Medicare only applies to patients who are 65 years old or older, and since more health problems are typically associated with older age, Medicare patients tended to have more complicated problems. Therefore, in my project, I divided the CCM patients into a Medicare list, who were looked at by the practitioners, who are better equipped to deal with harder cases, and the Medicaid list, which the rest of the staff will be handling. The results are still coming in at this moment, but it seems that operating in this way has had a positive effect on the efficiency of CCMs in Pareto.

Overall, I have learned and experienced a lot by participating in the AnnieRuth Foundation's Summer Internship, from the business seminars and SheSips sessions to the 6-week internship at the clinic. I got to absorb knowledge from people of all walks of life, how they got to where they are now, why they made those decisions, and what allowed them to stay steadfast and succeed to where they are now. I found all of this input very helpful to guide me in the future. Moreover, the internship, in a way, was more than just a means of experiencing a bit of what my aspiration could be like; it, in a way, was one of my first steps of becoming an adult, since it was the first job that I had that came with a paycheck. I feel very satisfied about my involvement with the AnnieRuth Foundation, and I hope that other high school students can benefit from this experience as well in the future.