



Currently, I aspire to have a career as a pediatrician. Throughout my internship experience, I have been placed with a family medicine physician and a nephrologist. I have also been briefly placed with a woman entrepreneur who helps other woman entrepreneurs with their businesses.

During my time at Affirm Direct Primary Care, I shadowed Doctor Bennett, who is a family medicine physician. She runs her own practice, so I picked up tasks like taking vitals, noting these measurements down, and preparing the room for the next patient. I learned that the five vitals measured within a doctor's visit include blood pressure, oxygen level, pulse rate, weight, and height. I learned how to use a stethoscope and otoscope. With Dr. Bennett, I learned with greater depth what high blood pressure really means: quantitatively, through a medical explanation, and in the lens of what it means for the patient that has it. We also thoroughly discussed sickle-cell disease and both types of diabetes. I learned a little bit of what it would be like to run my own practice in medicine, rather than working in a hospital. With Dr. Price, the nephrologist, I learned how to measure blood pressure in the traditional way, with the cuff and the stethoscope. With Dr. V, the entrepreneur, I got to utilize my graphic-making skills to make her a social media post advertising her business. I also calculated the sale and retail prices of her merchandise based off the original price her company purchased it for. I learned roughly how much the profited amount of a price should be compared to the true value of an item.

Participating in the AnnieRuth Foundation's Summer Internship Program has been highly instrumental in placing me early onto a successful path of becoming a doctor. Throughout this experience, I have gained perspective on what my life would truly look like if I choose to dedicate my life to medicine, and I've found my passion is surely in this field. I have been placed in settings that highlighted what specialties I think I will stray from, but I have also found specialties, like family medicine, where I see myself applying my studies of the fascinating human body in a way that will directly leave long-term positive impacts. Working with the family medicine physician sparked in me an interest for running my own practice. I've seen firsthand how this route allows more space to establish personal connection with the patient, as you do not spend disproportionately more time with their chart over time spent with them personally. Putting myself in the shoes of current physicians has been inexplicably helpful. It has boosted my certainty that medicine and healthcare is the right career field for me.