

Tyler Dobson: Week 2

Day _ (1-17) – MLK OFF

Day 4 (1-18) – This Tuesday at ANC, the appointments were strictly routine visits. Routine visits usually consist of regular blood pressure/diabetes/women's health checkups or a medication refill. I always ask, in addition to documenting their reason for visit, if they have any other specific concerns that they wanted noted for the NP. I would say 9/10 patients mention a separate medical concern. Patient history is always important. We typically see ~15 patients a day. Today, I personally did intake on 5 of those patients. When I wasn't doing intake, I scanned medical documents and reviewed them per usual. One of the nurse practitioners asked if I was in a sorority and whether or not we could do a drive for feminine hygiene products. She explained that the clinic is running low in tampons and pads. These feminine hygiene products are added to hygiene kits, which are available to patients upon request. She also added that a lot of patients who have a urinary incontinence, or a "leaky" bladder, use pads because incontinence briefs (adult diapers) are rather expensive when bought on a regular basis. I texted the president of our sorority and asked if we could put on a drive for feminine hygiene products, placing an emphasis on pads. Our president responded saying that next month there will be a 100% participation donor drive, in which each member will be required to venmo (pay) \$3. Luckily, the charitable cause for this donation event wasn't decided yet, so all proceeds will go to Athens Nurses Clinic! If everyone in our chapter paid the \$3, as required, we will raise just under \$1000 for these needed feminine hygiene products! With this money, we will be able to actually buy a surplus of diapers rather than just tampons and an excess of pads. To gain insight on the need for this, I started a tally system on a small piece of paper with four questions in each of the intake rooms. These questions included (for women only); "do you still get your period?", "do you use pads or tampons", "do you ever lose control of your bladder?", and "if the clinic offered diapers, pads, tampons, etc., would you be interested?". This way, the interns can simply ask these questions to patients during intake and add a tally for every "yes" to each question. I am still working on getting all the diabetes educational blood sugar charts approved and printed for the intake rooms. All in all, today wasn't too busy and was business as usual.

Day 5 (1-19) – Today started out very busy at Athens Nurses Clinic. It was dental day, so there were around seven patients exclusively at the clinic for an oral hygiene cleaning. It was also hep-c day, where patients meet with our hep-c specialists. I did intake on these patients per usual, but with the dental template or hep-c template instead of the routine template. I saw two dental patients today and only 3 routine visits. Most of my morning was spent making a master fax list of all of the clinics and specialists we regularly communicate with as a clinic. The fax list by the fax machine prior consisted of sticky notes, outdated or unaccounted important fax numbers. When the NPs tell us to fax something, it is our job as interns to find the number and send it. Most of the time, we spend a few minutes looking for it online because we can't find it anywhere. Within a couple of hours, I made a 3-page list of all of our contacts and posted it by the fax machine. Faxing is necessary for getting prescriptions filled. This process was a blessing in disguise because the PA I was going to shadow this semester fell through because of their new clinic policy (COVID restriction) and now I am familiar with the names of around 100 clinics and specialists in the Athens Area. I would say, on average, at least 25% of my patients speak only Spanish. Luckily, we have an awesome staff member who is fluent and joins me in the intake room to assist in asking intake questions. I have started to study some yes or no question questions in Spanish to improve my communication with our Spanish speaking patients. Our regular intake questions in Spanish are posted on a board in the office (I believe it was made by a past intern). One of the routine patients I saw expressed her nervousness toward doctors' visits. This is common. I made sure to make her feel comfortable, always ask permission before I do anything, and make her laugh when I can. She has hypertension so I wanted to make sure to relax her as much as I could so we could get an accurate reading on her blood pressure. The day slowed down a lot in the afternoon.

The competencies, and sub-competencies I met this week include,

- Area I: Assessment of Needs and Capacity
 - (1.2) Obtain primary data, secondary data, and other evidence-informed sources.
 - (1.2.2) Establish collaborative relationships and agreements that facilitate access to data.
 - This sub competency will be met when I have to communicate with faculty, clients and access their patient records. Working collaboratively in the clinic is required to facilitate efficient and accurate data input
 - This sub competency was met when I created a master fax list for the staff
- Area V: Advocacy
 - (5.1) Identify a current or emerging health issue requiring policy, systems, or environmental change.
 - (5.1.1) Examine the determinants of health and their underlying causes (e.g., poverty, trauma, and population-based discrimination) related to identified health issues.
 - This sub competency will be met by evaluating patients' concerns through a perspective of "product of your environment." The majority of the individuals who come to Athens Nurses Clinic are low income citizens. Their socioeconomic status can have a great impact on health. Keeping this in mind can help me understand my patients with more compassion and understanding, while also encouraging them to feel comfortable and honest about their health concerns.
- Area VII:
 - (7.3) Manage human resources.
 - (7.3.1) Facilitate understanding and sensitivity for various cultures, values, and traditions.
 - This sub competency will be met by being understanding and respectful to all patients regardless of race, ethnicity, religion and cultures.
 - I have started to study some yes or no question questions in Spanish to improve my communication with our Spanish speaking patients. Our regular intake questions in Spanish are posted on a board in the office (I believe it was made by a past intern)
 - (7.3.8) Apply team building and conflict resolution techniques as appropriate.
 - Working together with the other interns and nurses
- Area VIII: Ethics and Professionalism
 - (8.1) Practice in accordance with established ethical principles
 - (8.1.2) Demonstrate ethical leadership, management, and behavior
 - This sub competency will be met by following and adhering to HIPAA guidelines.
 - (8.2) Serve as an authoritative resource on health education and promotion.
 - (8.2.1) Evaluate personal and organizational capacity to provide consultation
 - This sub competency will be met by preparing the clients for the Nurse Practitioner by carrying out patient intake.