

Tyler Dobson: Week 15

(4-18) – Today we have 9 routine visits, 2 women's health visits, 2 initial visits and 6 TB tests. I personally did intake on 3 routine visits and 3 TB test visits. In the morning we were working on some flyers to advertise our vaccine incentive in both English and Spanish. Again, as a clinic, we are trying to get more people boosted and vaccinated, so our grant allows us to offer \$50 Walmart gift cards as incentives. As long as people come in showing proof of vaccination, they can receive these Walmart gift cards. Now that our clinic requires proof of vaccination to be seen as a patient, we don't want to lose potential future patients due to their vaccination status. This incentive allows us to retain patients and make it easier to recruit new patients. We will also be administering the vaccine this Wednesday. As we know, Athens Nurses Clinic receives grant money in partner with local hospitals to provide free breast exam and mammograms for our low-income patients. I had some time today to speak with our women's health patient program coordinator and she informed me that these grants only cover the screening, and not biopsies that follow an abnormal screening. Right now, our providers are trying to find options that are cost free for these biopsies to be done, but as of now the department of health is no longer covering those procedures. This is just another example of how there is a critical need for accessible intervention services and procedures beyond basic screenings. It seems a little counter-intuitive to have funding available for secondary prevention health screenings without having money to aid in subsequent treatment – tertiary prevention. I ended the day with sorting hygiene kits that were donated to us today. I also carried out my usual duties for the rest of the day - cleaning rooms, shredding old documents, faxing medical records and scanning patient medical documents into their chart, per usual.

(4-19) – Today was extra busy. We had dental cleaning, which is unusual for Tuesdays, on top of having to teach 2 new interns. On top of this, we had 10 routine visits and 2 initial visits. so, a lot of my day was spent with people learning from me rather than the other way around. I personally did intake on 1 initial and 2 routine visits while the new interns shadowed me. [REDACTED]

[REDACTED] So, in between rooming patients and teaching new interns with one intern with her calling project safe, there was not much time to learn new things or do anything else besides what needed to be done. I did learn in experience points today! I also carried out my usual duties for the rest of the day - cleaning rooms, shredding old documents, faxing medical records and scanning patient medical documents into their chart, per usual.

(4-20) – Today was a very calm Wednesday. We had 7 routine visits and 5 hep-c visits. We had one of the new interns back to train today as well. I personally did intake on 2 hep-c visits. Downstairs, ANC was hosting a vaccine clinic where we were administering 1st, 2nd and booster doses for COVID-19. Non-patients and current patients will then be able to receive a \$50 Walmart gift card from this. [REDACTED]

[REDACTED] Some of our staff have an event to go to in the early afternoon so we closed to clinic early today. We will continue this process next week! I also carried out my usual duties for the rest of the day - cleaning rooms, shredding old documents, faxing medical records and scanning patient medical documents into their chart, per usual.

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 worked to efficiently fax medical records, prescriptions and scan patient medical documents into their chart.
- (1.4) Synthesize assessment findings to inform the planning process.
- (1.4.1) Compare findings to norms, existing data, and other information.
 - This competency is filled daily when I let the NPs know if a patient has abnormal blood pressure or blood sugar levels. Working at ANC has introduced me to a wide range of patients, all with different needs and concerns. My job during patient intake is to notice concerns and address them accordingly to the practitioners.

- **Area II: Planning**

- (2.3) Determine health education and promotion interventions.
 - (2.3.2) Assess the effectiveness and alignment of existing interventions to desired outcomes.
 - This sub competency was met when I patients tell us that the handouts we make are very helpful and useful. Now, the interns have collectively made handouts for diabetes (English & Spanish), pre-diabetes (English & Spanish), hypertension (English & Spanish), healthy my-plate portion content/sizes (English & Spanish), and local free food resources.
 - (2.3.5) Plan for acquisition of required tools and resources.
 - This sub competency is met by making sure clinic supplies are in stock. Supplies such as paper, alcohol swabs, disposable gloves, masks, lancets, Band-Aids, tongue depressors and exam table sheets must be re-supplied regularly.

- **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.
 - Each patient is different in their background and experiences. Some of the patients I have seen have struggled with drug addiction, abuse, homelessness, mental health disorders. Some of these individuals did not have a stable life growing up or a dependable parental guardian. A lot of these patients struggle with the same issues as their parents did. It is very clear from this internship that being a product of your environment is true and does persist in low income communities. When I speak with these patients and interact with them, I truly believe that each person is trying to improve their health and lifestyle. Some try "better" than others but it really circles back to this - some patients have to try harder to get to where they need to be based on who they are, where they came from and what adversity they have faced.
 - We discussed a lot as a clinic how there is a limited resource for our patients to receive quality and healthy food at an affordable price. Luckily, we found out that there is a community member who is working to grow vegetables in a local garden and eventually partner with the Athens food bank and SNAP to provide affordable, quality greens to low income individuals. We will be working in the coming weeks to make flyers to put all around the ANC to advertise. Susie, our volunteer coordinator and NP put this into perspective. When you go to your local food bank, you will see a lot of starches and filling items. This is a great short-term fix for hunger, but in the long run, this kind of diet can lead to a greater chance of developing diabetes, obesity or other debilitating health issues that can lead to a lower quality of life when you don't have the insurance or money to manage it. Having access to affordable local grown vegetables will not only help combat this vicious cycle but also improve the health of locals!

- I love seeing patients take their health seriously and I love being the one to encourage them to do so. I analyze the determinants of health and offer encouragement and sympathy to patients who are facing health issues that are exacerbated by their situation.
 - This sub-competency was also filled when, as a clinic, we advocated for one of our patients experiencing domestic violence (4/19-4/20)
- **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 in all of the intake rooms.
 - This sub competency was also filled when we made flyer handouts about vaccine incentives in Spanish.
 - I believe a critical language barrier still exists. I fear that some patients may not communicate the entirety of their health concerns because they may think they a burden or it will just “complicate things.” To make sure this doesn’t happen, I always still perform patient intake and record their chief complaint(s) with our office interpreter in the intake room.
 - (7.1.4) Execute formal and informal agreements with partners and stakeholders.
 - This sub competency will be met by becoming donor partners with my sorority Zeta Tau Alpha. I was able to get my sorority to donate \$650
 - This sub competency was filled as a clinic, we are trying to get more people boosted and vaccinated, so our grant allows us to offer \$50 Walmart gift cards as incentives. As long as people come in showing proof of vaccination, they can receive these Walmart gift cards.
- **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, especially with patients opening up to us about DV
 - This sub competency was met when I was training the upcoming new interns.
 - (8.2) Serve as an authoritative resource on health education and promotion.
 - I have full range to come up with handouts and create them and implement them in the clinic. I use this by evaluating the recurring needs of patients and creating handout resources for them.
 - This sub competency was filled when I answer patient questions regarding basic education on hypertension, diabetes, smoking cessation etc.
 - (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.
 - (8.2.2) Provide expert consultation, assistance, and guidance to individuals, groups, and organizations
 - This sub competency was met when, the interns collectively made handouts for diabetes (English & Spanish), pre-diabetes (English & Spanish), hypertension (English & Spanish), healthy my-plate portion content/sizes (English & Spanish), and local free food resources. We hand out these pamphlets out specific to the patient’s needs.