Dr. Handy Rotations:

November 13 – 2:00-5:45 3.45 hours

Today, I saw five different patients with Dr. Handy. The first three patients all consisted of just coming in for a check up. Dr. Handy proceeded to check their vitals and make sure everything seemed in their normal range. Next, he asked how all their medications were going, because every single one of them were on some type of medication. Lastly, he made sure they all had their annual flu and hepatitis a shot. The next patient I saw came in again as a follow up, however, this patient just recently had a melanoma spot removed. Dr. Handy took the off the bandage, and checked to see how the healing process was going. He proceeded to let me take a look, and he expressed to the patient and I how the wound had become open and needed to sutured back up. He let me help in assisting to close the wound up. I was able to watch him suture the wound up, which was very cool to see it live on a real patient. The last patient Dr. Handy saw was a female coming in to talk about her upcoming surgery appointment. She has breast cancer, and she wants to have a mastectomy, however she is very overweight and can not have the surgery until she has lost over 50 lbs. So Dr. Handy wrote her a prescription for Adipex (not sure if that’s how you spell it, but how I wrote it in my notes) to suppress her appetite.

This was my first day with Dr. Handy, and I was very nervous because I was afraid he was going to ask me a question that I could not answer. However, he was very helpful in making me feel welcome and comfortable about being there. He included in throughout each patient by asking me to come up with a history question to ask. Once I left the clinic, I couldn’t stop smiling because I had a great time interacting with the patients and seeing a different side of the healthcare field.

November 14 – 2:30-6:00 3.30 hours

Dr. Handy only saw three patients throughout the time I was with him today. But boy were they a good three patients to see. The first patient I saw had dementia, and was currently living in a nursing home. Her son brought her there to see Dr. Handy as a follow up and to refill her medication. She was 83 years old, and she was probably the highlight of my day. Once we walked in her first reaction to Dr. Handy was a growl. I was a little misconstrued by this action, however, thought maybe it was normal. The patient then looked at me and started to growl, so then I knew this was normal. However, she would not growl at the medical student with Dr. Handy. She did not say but three words the whole time she was with Dr. Handy, and her exact words were responding to a question prompted by the son “why do you keep growling at her,” “because she is pretty.” Then she proceeded to smile and gave Dr. Handy a hug. The next patient came in because he was having trouble standing for an extend period of time. He would express loses sensation in his calves and not being able to go up the stairs. Dr. Handy performed tests to rule out sciatica, and they were all positive. Dr. Handy asked me to teach him how to perform some stretches for hamstring, quads, and glutes. I proceeded to explain to him three easy stretches for these muscles groups. The last patient we saw; we were in the patient’s room for over an hour. This patient just recently had a heart transplant. Dr. Handy talked with this patient about all the procedures he experienced, and what the patient needs to look into in the future. He let the medical student and I listen to his heart, which was so cool. He heart was beating pretty rapid, but that was normal since he was only 6 weeks since the surgery took place.

My second day with Dr. Handy was again so fun. I don’t think many people can say they have listened to someone’s heart who just recently had a heart transplant.

November 20 – 1:00-6:00 5 hours

Today, Dr. Handy saw 8 patients. However, two of them Dr. Handy would not let me come in for my safety and because one patient asked to meet him alone. During this time, I talked with the PA and the medical student. She asked us our future plans, and we both just expressed what we wanted to do. The next patient was coming in to talk about the gout in his feet. He showed Dr. Handy new bumps he found on his hands, and Dr. Handy proceed to say that was from the gout. He asked the medical student and I if we knew what it was, the medical student expressed he thought it was calcium deposits which was denied by Dr. Handy, and then looked to me for my answer. I honestly had no idea, but took a wild guess and asked if it had to do with the gout, his eyes lit up and told me I was correct. The next patient we saw

I definitely didn’t realize how fast the time went by when I was with Dr. Handy today. I was really expecting it to be around 4 o’clock when Dr. Handy looked at me and told me to go home. This experience just flies by. I

December 6 – 2:30-6:00

Today Dr. Handy saw 6 patients. The first one was an annual check up, however, there was a sport reported that could be potential melanoma. Dr. Handy explained it was a squamous cell, and that he needed to go to a dermatologist to get it checked out. The next patient was an women. She also came in for a check, but had just recently had a fall. She was in the hospital for 3 days from a brain bleed. She fell and hit the left side of her head. This case was actually pretty interesting because Dr. Handy wanted to make sure her complete evaluation was normal. He proceeds to ask her to walk, and we watched her gait. He proceeded to mention that she had a left foot drop, and then checked her motors functions on the left side of her body. It was significantly weaker which was very interesting to see. She was suggested that she would need to start going to physical therapy in order to prevent any more falls. The next patient Dr. Handy saw was a woman in wheelchair who had atrial fibrillation and polymyalgia rheumatic. The next patient was a lady who came in complaining of being tired and irritable. Dr. Handy prescribed her testosterone and Wellbutrin for her depression. Patient 5 was an angry old man who just came for his annual check up. The last patient was the most exciting patient I got to experience time with. She was an eight-year-old who came in with complaints of coughing and chest pain. She is a diabetic who comes to see Dr. Handy regular, so she was very comfortable in the room.

My last day with Dr. Handy was very special to me. I really enjoyed being with him, and being able to observe under him. Today kind of gave a realization of what I could potentially do in the future. It was the highlight of my day to see that little girl in the patient’s room. I don’t know what it was about her, but I felt so much more engaged throughout her appointment. Not sure if this was a breaking through movement for me, but I am very excited for my future.