

Good Shepherd Reflection

Posted Tue Mar 5, 2024 at 1:14 pm



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Ainsley Behr Mon Mar 18, 2024 at 11:15 am

I shadowed a nurse on the Spinal Cord Unit. I learned a lot about what a nurse does, especially since he was the first nurse with just an Associate's Degree that I've shadowed. He has helped me to see that I definitely want to work on Med./Surg. out of school. He also looked on Nursing School with a very positive light, the biggest challenge was just some classes that he did not particularly relate to or find interesting, like maternity. He said he loved Nursing School and that it taught him a lot in a short period of time.

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Luke Buonanno Edited · Mon Mar 18, 2024 at 11:30 am

I was shadowing in Speech Language Pathology and got to see a speech pathologist work with an older lady. It was interesting to see the amount of patience required to do her job. The lady was very confused and had a lot of difficulty putting names to objects and pictures. She would look at a fork and say spatula. I think it really changed my perspective on how they have to interact with patience. I really do not think I would have enough patience to do this as a professional!

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Good Shepherd Reflection

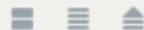


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Rachel Smith Mon Mar 4, 2024 at 11:14 am

This week I shadowed an exercise physiologist on the ortho unit. Exercise physiologists are paid out of pocket and work with people who want to continue their physical therapy after their insurance runs out. They build relationships with their patients and work with them to achieve their specific goals. For example, there was a patient who wanted to build up balance and coordination after a traumatic brain injury. The exercise physiologist ran her through fun exercises like boxing that would help her coordination. I also saw a patient use an FES bike which is a functional electric stimulation bike to prevent his muscles from atrophying. This experience has only supported the fact that I'm not interested in rehab, but I was grateful to see the next step that patients take after a surgery or injury. It helps me understand the whole process patients go through, because so far I've just observed what happens in hospitals (like a knee replacement surgery).

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Luke Buonanno Mon Mar 4, 2024 at 11:21 am

I was on the Ortho Floor with Rhiannon, Amory, and Rachel. We got to shadow a PT and watch her working format. The PTs see roughly 8-10 patients a day. There is a whole handicap-accessible gym. The PT performed some exercises on the patient for mobility and strength. She mostly wrote info down in her notes. This experience did not change my mind or opinions because I already have a great deal of experience in the PT OT field.

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Good Shepherd Reflection

Due: Sunday, March 3, 2024 at 11:55 pm

Please use this space to document your experience at Good Shepherd. Please indicate the unit you were on and what role or roles you shadowed. Be sure to comment on how this experience has helped your personal and professional growth in learning about the medical profession and how this experience has changed your views or opinions.

Posted Tue Feb 20, 2024 at 1:02 pm



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Luke Buonanno Mon Feb 26, 2024 at 11:21 am

I was in Pool with Rhiannon, I thought it was pretty interesting and we got to shadow a PT. The pool is heated to 93 degrees in order to promote healing and remove chronic pain. Heather (the PT) explained that the pool is open to the public for memberships and slots for exercise. There were paddles and straps and hand grips that had ribs and fins on them to create resistance in the water. People could use these to make it harder to move around the pool. It definitely helped my professional growth by showing me even more applications for engineering ideas.

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