

Shadowing a Doctor

Duration

50 hrs.

(June to November 2018)

Name of the hospital
Dr. Bhumkar Hospital

Mentor
Dr. Ashesh Bhumkar

About my mentor...

Dr. Ashesh Bhumkar is an ENT/Otorhinolaryngologist and has an experience of 30 years in this field. Dr. Ashesh Bhumkar practices at Dr. Bhumkar ENT Hospital in Thane and many other hospitals in India and around the world. He completed MBBS from BJMC Pune in 1985 and MS - ENT from BJMC Pune in 1991.

He is a member of Maharashtra Medical Council. He has treated over 100,000 patients with ear disorders, performed over 1,000 external ear surgeries and over 8,000 surgeries for restoring & improving hearing. He has performed live ear surgery demonstrations to audience of over 1000 surgeons in different parts of India. Dr. Bhumkar is the only ear surgeon from India who is the founder member of the world's top external ear society.

He is the solo surgeon who does external ear reconstruction and surgery for "natural hearing" restoration. Dr. Bhumkar is the only Indian ENT surgeon who does both the rib cartilage recon & also Medpor recons.

Objective of the internship...

(The internship was completed in June to November 2018, during my 9th grade.)

I am interested in medicine as a profession, but I wanted to observe it firsthand to be sure if this is the right profession for me. There is no better way for a high school student of knowing how this profession is really like than to shadow a doctor. It's also a great way to gain familiarity with different specialties and medical environments and obtain a realistic understanding of what medicine can and can't do. I also wanted to understand more about how the hospital functions.

The other important intention of this shadowing experience was to witness firsthand what becoming a doctor is really about. It would give me a better understanding of what a doctor's typical day and life is like. I plan on learning from the experiences of the Doctor and his team in the hospital.



A few highlights of the shadowing...

01

I got to see a patient with Keloids behind his ear. Keloids are fibrous, rubbery nodules.

The cause was genetic because the patient was a child (5 years old) and had not undergone any trauma. The patient was getting examined before the keloid removal surgery- which consists of incision. The keloid scar post surgery can lead to the reformation of the keloid.



tingling noises in ears → sensation of buzzing
↳ happens due to build up of wax.
accompanied with ear ache
hearing loss
early treatable

Keloids → Patient had genetic condition of keloids
↳ behind ear. Patient age :- 5 years old

Examined+ Surgically removed using a scalpel.
but his scar can turn back into a keloid as keloids come back.
∴ other treatments along with surgery necessary.

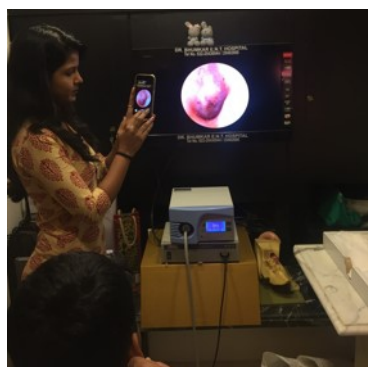
Non surgical options
↳ Retinoid cream
slow + not effective

Discharge from ears → white / yellow discharge.
↳ sign of ruptured eardrum
can also be blood sometimes.

Notes taken during observation

02

I was introduced to a medical instrument known as an Otoscope- which is an ENT doctors instrument. It is used to look into the outer ear passage to check what is blocking it, growths and infections. In this patient, a large build up of ear wax was detected using the otoscope, which was the leading cause of difficulty in hearing, the swelling on the outer ear and the itching. The doctor then used suction to extract the wax causing the blockage.



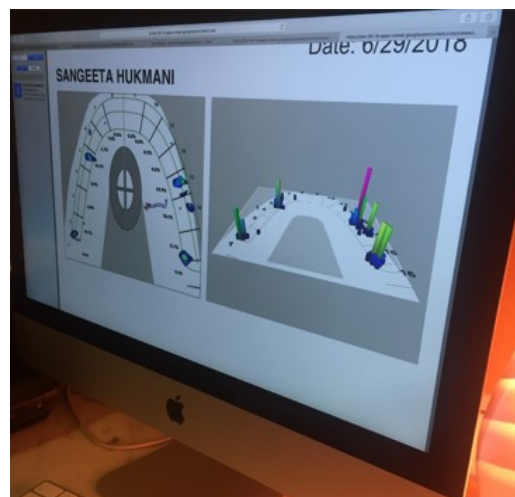
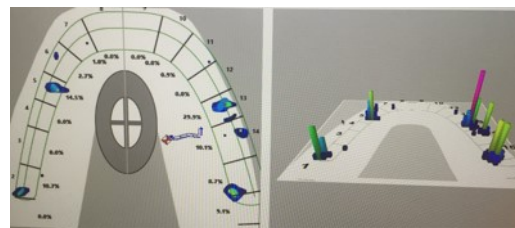
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Otoscope - device used to look into the ear
 regular checkups and illness Investigate symptoms
 view of ear canal and eardrum.
 can detect wax blockage.
 swollen ear canal.
 For max detail in the ear → use a microscope.
 For ~~NOSE~~ → Endoscopic camera to get detailed look inside nasal cavity.
 Patient with difficulty in hearing.
 due to buildup of ear wax - checked using the
 wax stick - barrier preventing sound to travel to inner ear.
 Patient: Middle aged woman.
 used earbuds - do not work/not often enough
 causes a little ear ache. they push the wax in the ear (inner ear)
 + itching ear
 Treatment: Ear drops at home without removing anything
 and in hospital → performed a suction of ear wax - vacuums out the wax.

Notes taken during observation

03

This patient had severe headache and blurred vision. The doctor first used his normal procedure of checking, which is to use an otoscope in the ear and a camera attached tube to check the nose and throat. The diagnosis did not indicate any causes. The doctor then used a biting device, which measures the pressure of your bite and individual teeth pressure. In the results it was evident that the pressure exerted by each tooth was different and varied from each other in great proportion. Humans have two temporomandibular joints (TMJs) that connect the sides of the jaw to the skull. They help open and close the mouth when one talks, eats, and yawns. Pain that starts in those joints or the muscles around them can travel to the skull and lead to a migraine.



Constantly dizzy / lack of balance / light-headed / blurred vision / confusion.

↓

Inflammation of inner ear → can be due to upper respiratory infection
called otitis media ∴ should check upper throat for infection.

Can also lead to buzzing sound
(aural symptoms)

constant headache / severe headache

↓

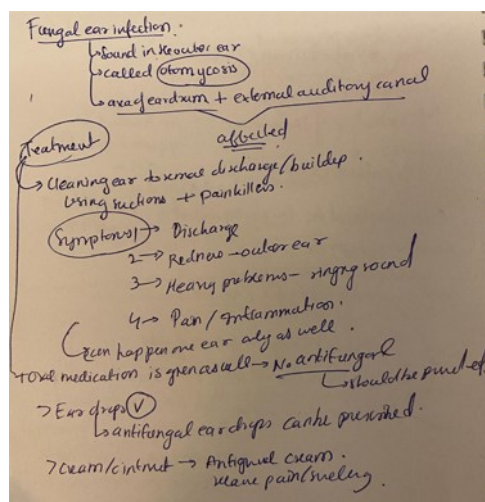
due to change in pressure of tooth
→ can be caused by bite force transducers
↳ manual devices
↳ protective mouth wear
↳ dental splints / mouth guards
Can help take stress off teeth
and distribute it over plastic.
↳ protecting teeth
↳ muscles + stopping head aches

Notes taken during observation

04

This was one of the many cases of fungal infection. During my time there, it was concerning to see how prevalent this infection was in the population of Mumbai.

To address its vast prevalence, the hospital was planning to publish a research paper on fungal ear infection and its underlying causes from the vast experience of giving treatment to the many infected. This infection is easy to detect as the underlying symptoms include: redness of the outer ear, discharge, pain or inflammation. Oral medication, antifungal creams, ear drops are generally prescribed.



Notes taken during observation

About the hospital and its functioning management

About the hospital: I learnt that there are different types of hospitals like: Teaching-Cum-Research hospitals, General hospitals and Special hospitals.

Bhumkar ENT hospital was a Special hospital, which had the main objective of providing specialized medical services. The Special hospitals concentrate on a particular organ of the body or a particular disease. Bhumkar ENT hospital mainly focused on ENT (ears, nose and throat) related infections and abnormalities, like its name suggested.

I also learnt about the functioning of a hospital. There are many individuals who have different roles in assisting the patient during their time at the clinic, from the event of registration to the administration of medicines and surgeries to post recovery support.

- Doctors: diagnose and deal with their clinical treatment.
- Allied health professionals like junior doctors: offer services to help with diagnosis and treatment and help the patients during the recovery process.
- Nurses or attendants: give continuous consideration and care to the patient. They also assist the doctor in surgeries and examination of patients.
- Support and administrative staff: work to support the day-to-day management of the hospital.

Key observations about my mentor

Patients who visited the hospital were from diverse backgrounds, with each of them having their own personal history and economic status. He treated all of them with the same care and attention. He was very considerate of the patient's personal history and financial situation. If some patients mentioned that they could not afford the cost of treatment, he would be considerate enough to accommodate the amount they could pay.

In our society, doctors are accorded the status of being "the saviours of life." I have seen Dr. Bhumkar practice it in the true sense.

I want to emulate him and his likes, by pursuing a career in medical research and medicine.

My reflection

I am thankful to the physicians who let me see their work and lifestyle up close as it's because of them I now know what I could expect from becoming a doctor. I learnt more about the profession of health care and being a doctor from these 50 hours of shadowing than I had learnt from months of researching and watching interviews about being a doctor.

This shadowing experience gave me invaluable insights into the lifestyle of an otolaryngologist to help shape my vision for medicine. Growing up, I was under the impression that the profession of a doctor consisted only of being confined to a clinic, but now I know that a doctor's role continues even after the clinic hours. Treating patients requires well researched diagnosis and treatment plans and being at the forefront of new knowledge in the field of medicine. Doctors have to keep updating themselves about the new technologies used in diagnosis and treatment, new discovery in reasons for diseases and developments in medicines, almost constantly.

Being a doctor is a profession that requires dedication to lifelong learning, human interaction, and often long hours of study and work. I once stayed back with a doctor after his shift, for some time, to observe him write a detailed patient history. Now I understand that doctors don't just have an average 9 to 5 job, they are dedicated for the service for human healthcare 24/7.

I also learnt that treating patients is not an individual performance, but requires close coordination between the leading doctor, his team of doctors, nurses and the hospital staff.

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