*Job Shadow*

I was able to job shadow a family doctor in Porterville, on Henderson 888, at Living Water Clinic. I did my job shadow on December 14 from 9 am to 1 pm. It was a great experience to see how much work a doctor has to do and what they need to prescribe to different patients depending on their health. I was able to experience watching sick children and adults. I was able to help the doctor with what he needed for different patients and was able to help him wrap up a patients whom. I choose to job shadow a family doctor because I would like to go into the medical field and help out different patients in need of health help.

Once I had arrived at the clinic I was able to go follow the doctor and introduced myself to different patients who needed to be seen. First the nurses go and get the patients height and weight. Once the patients gives the nurse the reason he/she needs to be seen, the nurse then goes to the doctor and explains what problems the patient is having and what they need to be seen for. Then the doctor goes in to the room the patient is in and greets the patient. Then doctor asks questions that will help to what he needs to prescribe to the patients. Then the doctors checks the lungs in the patient and then asks what is hurting them or what pain they are having. When the doctor figures out what is going on with the patient then he prescribes them with medication that with help them with their pain or improve on what is wrong with them.

I liked how you are able to meet different patients and you are able to help out and work with different patients who you might not know. As a doctor you are able to listen and prescribe different medication for different patients. I know that being a doctor is more difficult than just visiting with different patients. You still need to fill out a lot of paper work and work with many other companies from different insurances and have to talk with different clinics or hospitals so they can help out some of your patients that need to be seen by them. What I found more difficult was having to give children shots or even just by some children seeing a doctor they get scared. Many children do like to work with the doctor and might throw a fit but as a doctor you need to learn how to talk to children and get them to understand that you won’t hurt them.

Being able to go and experience what I would like to do in the future is great because I was able to see if that is something I would like to continue to go for and see myself becoming a doctor. I think that I would be able to go for this career and be able to work with different patients. Maybe not a family doctor but a doctor for sports medicine because I am familiar with sports and would like to help out the athletic who need improvement on their muscles or any part of their body. I am also a three sport athlete and would like to continue watching and working with different athletes.