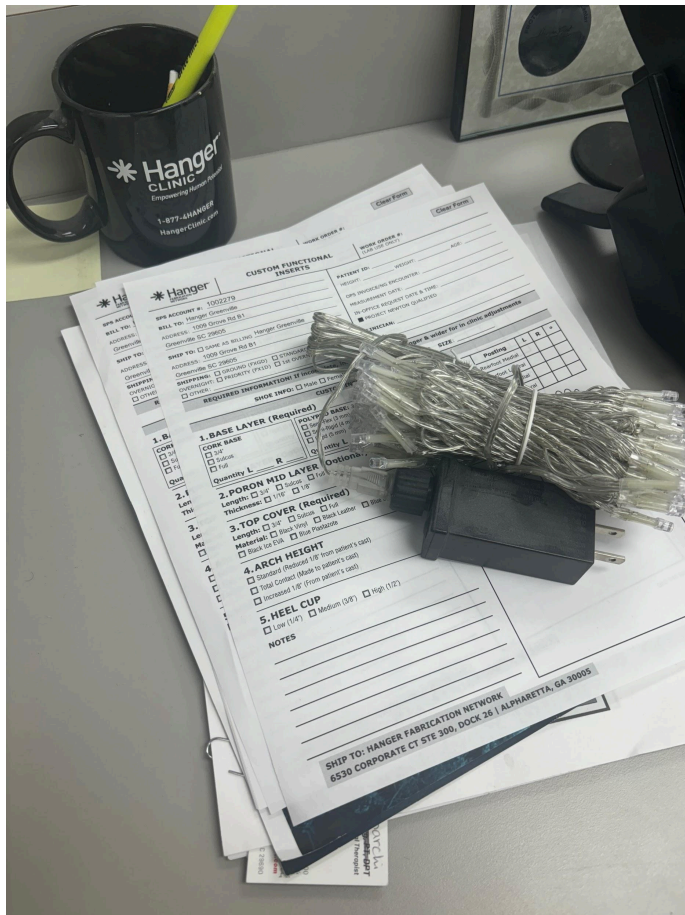


10/3/24

Today I came into my internship around 1:00pm. We haven't had school all week due to the hurricane, so I expected a pretty empty clinic today. I was right and the only clinicians there were Emily and Becca. Brittany was there, but she wasn't seeing any patients, so I shadowed Becca today. The patient we saw was an older man who was a diabetic and having problems walking. He needed inserts and special shoes so Becca scanned his foot and put in orders for special shoes that will help him walk better. After this Becca told me she didn't have any other patients, so I decided to go home. It wasn't a very busy or eventful day, but I'm glad I came in just to get the feel of what a slow day looks like, and get a few hours in!

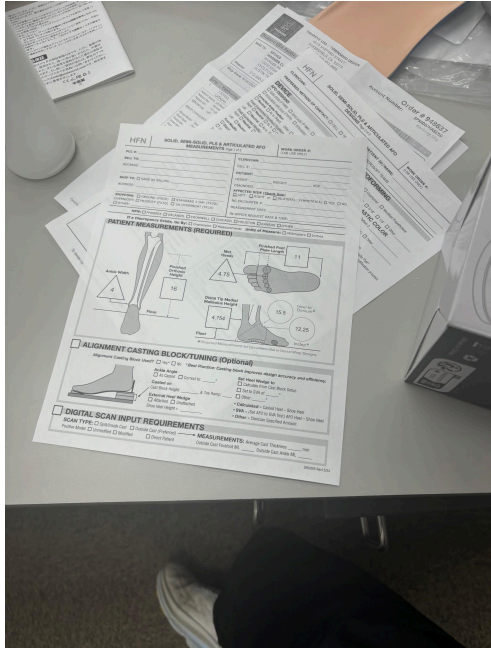


This is an example of the

measurement sheets clinicians have to fill out sometimes.

10/8/24

Something unique happened today. It was my first time seeing patients for a second time. The first patient I saw was a baby coming back for a checkup on his cranial helmet. I had seen this baby during my first couple of days interning, so it was really cool to see him again. His head was growing on track and it was a quick appointment. The next patient was surprisingly, another woman I have seen before. Last appointment she came in with complaints about her ankle pain, and this appointment Jon discussed some brace options she could have and had some demo braces for her. Then lastly, I shadowed one more patient and it was another man I had seen before. He was the one who had a work accident and his arm had to be amputated. I originally saw him with Brittany, but now Jon was treating him. He talked about how he is still having legal battles with his workers compensation. Just like last time he seemed very eager to get his prosthetic and get back to working and doing all the other activities he enjoys. In order to get the prescription for the prosthetic, you must have a video call with another doctor. Due to this, Jon videocalled another doctor who works with Emily, my mentor, and Hanger Clinic. This doctor asked a lot of questions to get a full history and then once he was done, all the paperwork was ready for the patient's prosthetic to be ordered. I really enjoyed seeing all the returning patients today. I think this job, and a lot of healthcare jobs, have many returning patients, which means building meaningful connections with them. This is an aspect I definitely want in the career I'm going into.



This is a measurement sheet for a foot orthotic or brace

10/10/24

Today started with seeing the cutest baby ever. She was 10 months old and was getting her cranial helmet adjusted. It was a pretty quick appointment and all Becca had to do was go down to the lab and shave some of the foam off in the helmet, so the baby's head had room to grow. Then I saw a patient with John. He has been a patient for 8 years and was a leg amputee. He had some pretty interesting stories to tell, but the actual appointment was just a check up on how everything is fitting. He wasn't having any trouble. Although, at the end of this appointment Jon and the patient started praying together. I found this interesting because that is definitely a level of care that is a lot more than just addressing physical issues. It was nice to see Jon connect with a patient like that, and to see the bond they have formed over these 8 years. Lastly, Jon had another patient who had been an amputee since age 2 ½. The patient had lost her leg and is now 40 years old. She had been coming to Hanger since age 9, which I thought was amazing. Her leg was making some noises which Jon fixed with adjusting a few screws, and then he made her gait more even by adding some height to her shoe. I got to put in the

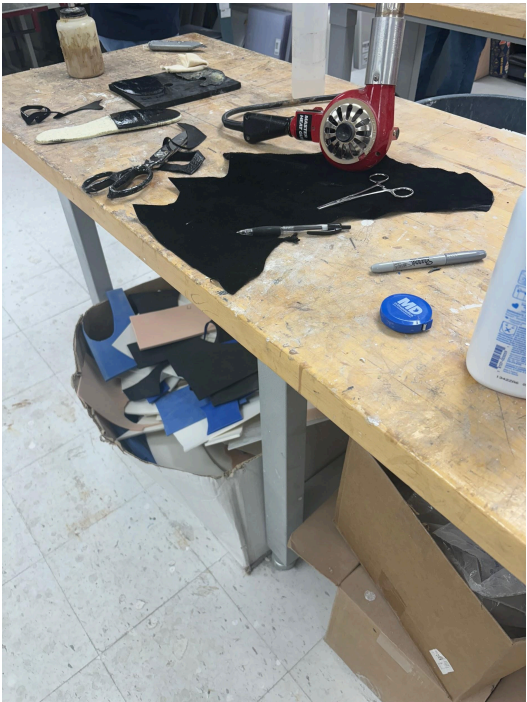
measurement of her leg into the computer while Jon was taking them. This appointment was much longer than any other I've shadowed, but it was really interesting to see the patient connection he had with this person and how he provided care. Another highlight of the day was that one of the lab technicians brought his dog to work. Its name was Chewy and he was a really cute pomeranian.



10/15/24

Today I only saw two patients. The first was a man with chronic ankle pain. He has been on disability for 16 years and recently fell due to ankle pain and broke his right ankle. Due to this, he was looking for two braces of some sort to help with his ankles. Jon asked many questions for history and also took measurements. He found the source of his pain and put in orders for two braces that will hopefully help relieve some pain. The next patient was a below knee(BK) amputee who was getting a new type of socket. It was a suction socket with a lock. This appointment was lengthier than normal because it took a long time to find the perfect fit for his leg. Some parts of the socket had to be looser, while others had to be tighter. Jon took

measurements of his limb and also used a plumb bob (I had no idea what this was) to find the alignment of his leg. My picture today shows a piece of leather that Jon cut out and glued to the inside of the socket to make it tighter. After doing this, the prosthetic fit correctly in all the right spots and the patient left. Today was a great example of the amount of troubleshooting a clinician has to do to make the prosthetic comfortable for the patient. Also Chewy the dog was back again today!



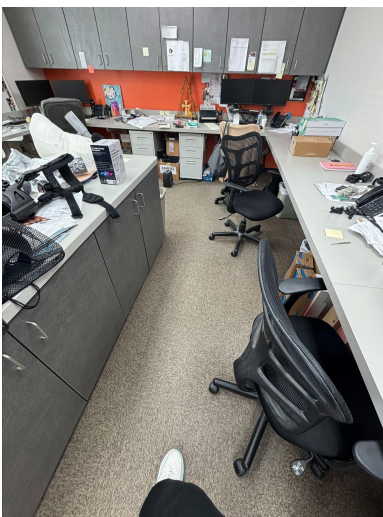
Piece of cut out leather



Example of a plumb bob

10/22/24

I got to my internship at 1pm today. Only Jon, Brittany, and the technicians were there, so it was pretty quiet. Sadly, Chewy the dog wasn't here today either. I started by shadowing Jon and an above knee amputee. This patient was in the process of getting a new prosthesis. At this appointment, he was just getting his device adjusted. This was a really cool appointment to shadow because I saw a lot of the hands-on work that goes into the job. Jon had to heat up the plastic mold and then bend it with a rod to allow more room for the patient's leg. After he did this, it fit the patient a lot better. He also used the plumb bob again to check alignment. I also noticed how Jon asks patients questions. He asks very open ended questions so that the patient can really explain themselves and what they are feeling. It was very interesting to hear that. The second patient was a below knee amputee and was coming in to have his new prosthetic fitted. It was too tall compared to his other leg, so Jon went down to the leg and cut through the metal pipe and then sawed it even. Then he went back up and it fit perfectly. Those were all the patients I could see before I had to head back to school, but I really enjoyed seeing the more crafty and readjusting aspect of the job.



This is a picture of what the clinicians desks look like. This room is in the basement area where the lab is.

10/31/24

I entered my internship excited today. It was Halloween and I hadn't been since last Tuesday. I saw my mentor Emily and all the other clinicians were there today. The 2 patients I saw today were with Jon. The first was an older lady who has had 3 strokes and recently had a failed knee replacement. Due to this, she was having trouble locking her knee and putting weight on it, so she was looking for a brace. She was accompanied by her daughter who worked 12 hour shifts. I worked on my verbal communication skills and asked the daughter about her job. We talked about colleges as well because she had 3 daughters who all went to different colleges in SC. It was nice to connect with her. For her mother's brace, Jon decided a drop lock brace would work best. This is a brace that you put on and when you stand up, a lock will drop and lock your knee into a straight position. She was able to stand and walk very slowly, but the limitation of movement in her injured leg also affected her able leg, so a brace was definitely needed. Jon scanned her leg and put it in the order and they will come back in a couple of weeks to pick it up.

The next patient was visiting Jon, something I had never seen before! She had a hand deformity that caused her knuckles to be very swollen and for her hands to bend in. Due to this, she had hand braces made to wear at night to help correct this bending. If you look at the picture below, it was a brace that you slip your arm into and then fasten the straps. This allows for your hands to stay in the same position. She had come in to get it made a little tighter and to add an extra strap. Jon and I went downstairs and since the material was plastic, he just heated it up with a blow dryer, and bent the material a little bit. For the straps, he punched a hole through and added a strap on. Then we went back upstairs and the patient tried them on again and said they were a perfect fit. I found this appointment to be really fun because I had never seen this before. I enjoy getting to learn something new every time I come to my internship

